

# Herald Union



Vol. IX, No. 8

Serving the military communities of the U.S. Army Garrison Hessen

Feb. 1, 2007

## Inside this issue

### Reader feedback

"I'm not entirely sure if what we're seeing is a new global phenomenon or merely the effects of cyclic change. I like it just fine in January and won't be so sure come August," said Wiesbaden's Chief Warrant Officer 4 Charles Petrie in this week's Feedback on readers' opinions about global warming. See page 2 for more responses.



Photo by Cassandra Kardeke



Photo by Ernst Zimmerer

### A day at the theater

German "repays" Americans for their generosity after World War II by treating U.S. Soldiers' children to performance of "Seussical The Musical" at Frankfurt's English Theatre. See page 16.

**German Leather Museum**  
Three museums in one featured at unusual exhibition hall in Offenbach. See page 17.

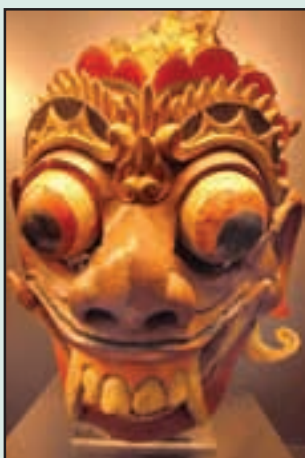


Photo by Karl Weisel



**Dr. Martin Luther King Jr.'s legacy**  
Speakers remind listeners of civil rights leader's "dream." See pages 18 and 24.

Photo by Walter Albertin



Photo by Karl Weisel

## Kyrill causes damage in USAG Hessen

Drivers in U.S. Army Garrison Hessen were warned to stay off the roads in the face of extremely high winds throughout Germany Jan. 18. Countries all over Europe were hit by the up to 200 kilometer-per-hour winds of the Kyrill storm which caused 44 deaths in Europe including 11 in Germany. The winds were considered the strongest in some 30 years, according to a report by the Deutsche Welle. Photo above: a tree limb, blown off by the winds, blocks a road in Hanau's Old Argonner Housing. In addition to knocking down trees in USAG Hessen's communities the high winds also damaged several buildings, according to a Directorate of Public Works official. See page 12 for a story and photos on repairs being made in the Baumholder community after the storm.

## Fewer cooking fires in FY07

By Karl Weisel

U.S. Army Garrison Hessen Public Affairs Office

Of nine major fires reported in U.S. Army Garrison Hessen this fiscal year, only three were a direct result of reckless cooking habits.

Fire Department officials attribute the decrease in kitchen fires from last fiscal year (16 of 24 fires started in the kitchen in FY 06) to fire warden training, fire prevention inspection visits and better public awareness of the potential dangers of leaving cooking unattended.

This year, of nine major fires in USAG Hessen, seven of which were in Army family housing, only

three involved unattended cooking, said Michael Ruehrer, chief of fire and emergency services for the U.S. Army Garrison Hessen.

Fires caused some \$36,470 in damages so far this year, as compared to nearly \$280,000 in damages last year. A major fire in Hanau's Sportfield Housing in January 2006 resulted in \$135,000 in damages.

Of the nine fires, four occurred in USAG Baumholder, three in USAG Wiesbaden and one each in Hanau and Giessen, Ruehrer added.

Our fire prevention inspectors are doing a very good job. We have the fire wardens trained, Ruehrer

**See Cooking fires on page 4**

### Employees undergo training

## New personnel system edges closer

By Susan Huseman

U.S. Army Garrison Hessen Public Affairs Office

Transformation, priority placement, impending installation closures and budget constraints Army civilian employees face a myriad of uncertainties these days. And now you can add NSPS, or the National Security Personnel System, to the list.

Most U.S. Army Garrison Hessen appropriated fund employees are scheduled to convert to the new National Security Personnel System April 15. This date should be confirmed by Feb. 20, said Vicki

Harris, human resources specialist for USAG Hessen.

Because USAG Giessen is closing, the employees there will not convert, she said. They will remain in the legacy system, said Harris. If they transfer to another garrison they will convert when they enter that garrison.

Harris is conducting NSPS employee and supervisor training in Hanau, Baumholder and Wiesbaden. Hanau Community employees and managers were trained in January. Tentative makeup training for

**See Personnel system on page 5**



## Feedback: What's your take on global warming?



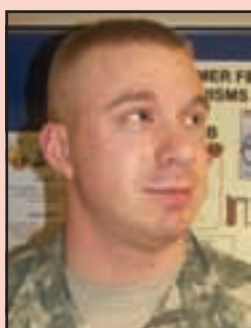
**Felix Purvis**  
**U.S. Army Garrison Baumholder**

"A lot of people I've talked to don't believe that global warming is occurring. I do believe it is occurring. Take Germany for example — 20 years ago there was so much snow it was unbelievable. Now there is very little snow. Global warming is affecting the atmosphere and the weather."



**Pfc. Daniel Tallent**  
**1st Squadron, 1st U.S. Cavalry Regiment, Bidingen**

"We know that we've jacked up our planet. We were ignorant, but we've got an idea of what to do to fix it now."



**1st Lt. Michael Mencarini**  
**5th Battalion, 7th Air Defense Artillery, Hanau**

"The newspapers say that skiing is hard this year because there is no snow. Whenever I go skiing I fall anyway so maybe it's a good thing."



**Marrion Green**  
**USO volunteer, Hanau**

"I remember when they first mentioned global warming and its possibilities. It's definitely changed the weather around us. Areas that used to be cold are now getting warmer. The levels of the waters are changing, the icebergs are melting."



**Connie Baer**  
**U.S. Army Garrison Giessen**

"Everybody should get involved in protecting the environment. Turning off the lights when not needed, not idling the car and separating the trash. We should also teach our children to do that. The politicians must get involved as well."

## Want to be a model?

**Commentary by**  
**Maj. Lori Sydes**  
*William Beaumont Army Medical Center*

Being a model seems like such a glamorous life ... jetting off to exotic places, fancy clothes and a fat bank account. For most of us however, being a super model is not a viable occupation.

But if you have children, you are a model ... a role model.

Unfortunately, when it comes to weight, our children are experiencing what many adults experience ... an expanding waistline. Presently, 9 million children over 6 years of age are considered obese.

The causes for this rise in children's weight are interrelated and complex.

Food portion sizes have increased, but physical activity has decreased. Some estimate school-age children spend 6.5 hours a day in front of television, computers and video games. Children consume more soft drinks than ever before and eat more of their meals away from home. Fast food accounts for more than half of these meals.

You have the primary responsibility for what your children eat, where and when they eat it.

Studies show that children's food

preferences are shaped by what their parents eat. Chances are that as a parent your eating habits could stand some improvements.

An easy way to check is to write down everything you ate yesterday then go online to [www.mypyramid.gov](http://www.mypyramid.gov). Enter your age, gender and activity level. You'll find out the amounts you should eat from each food group. Compare yesterday's diet to the pyramid results. Is there room for improvement? Set a few simple goals for yourself and then "model" your behavior for your children.

Studies show that when you repeatedly offer a new food (up to 10 different times) you increase the chance that your child will accept it. Be vigilant; your child may just surprise you.

Some more "modeling" tips:

★ Have one family meal together every day.

★ Use the "My Pyramid" as a guide in menu planning for the whole family.

★ Involve your children with reading food labels, encouraging food choices based on fiber or fat content.

★ Allow your children to express hunger and fullness; praise them when they respond to their own internal cues.

For more information see a registered dietitian at your medical treatment facility.

## Letters to the editor

### More on EFMP

**Editor's note:** After we went to press we received the following clarification to a story on the *Exceptional Family Member Program* in the Jan. 18 issue (page 24).

I would like to clarify the information regarding mild diabetes. Anyone with a formal diagnosis of diabetes, regardless of the severity, is required to be enrolled in EFMP. If someone has blood sugar issues, is not yet formally identified as diabetic, and is able to keep his or her blood sugar under control with diet, he or she does not need to be enrolled. Once a formal diagnosis is annotated in the medical record, enrollment becomes mandatory.

**Susan C. Moyer**  
**Hanau EFMP manager**

### Supporting Soldiers

As a member of the Soldiers' Angels network I would like to take this opportunity to thank all the men and women serving our country like my Soldier who is in Iraq. I'm thankful and proud to know that you are there.

We also have a sister organization called "Coalition Angels." It is a little team supporting coalition forces including Canadian, British, Dutch and American troops at multinational camps in Afghanistan and "forgotten" branches of the service such as the Coast Guard.

All of you are my heroes and you are in my prayers. May God bless all of you and your families.

**Sarah Rummel**  
**Seligenstadt**

### Herald Union masthead

The *Herald Union* is an authorized unofficial Army newspaper published under the provisions of AR 360-1 for members of the U.S. Army Garrison Hessen. Contents are not necessarily the official views of, nor endorsed by, the U.S. government or the Department of Defense. The editorial content is the responsibility of the USAG Hessen Public Affairs Office. No payment will be made for contributions. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. This is a biweekly publication printed by AdvantiPro GmbH. Our office is in Building 1205 on Hanau's Yorkhof Kaserne. Circulation is 10,550 copies. For commercial and classified advertising rates call Susanne Daugill at civ (0631) 3033 5537 or email [suzie@advantipro.de](mailto:suzie@advantipro.de). Address: USAG Hessen, Herald Union, Unit 20193 Box 0001, APO AE 09165-0001; Telephone: mil 323-3257; civ (06181) 180-3257; Fax: mil 323-2149, civ (06181) 180-2149; Email: [104heraldunion@104asg.army.mil](mailto:104heraldunion@104asg.army.mil); Home page: [www.usaghessen.eur.army.mil](http://www.usaghessen.eur.army.mil).

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## News flash ... News flash

### Cooks, dining facility honored in contest

Spc. Michel Camacho, Headquarters and Headquarters Company, 1st Armored Division Support Command, was honored as the Installation Management Command-Europe/U.S. Army Europe Culinary Warrior Soldier of the Year in a ceremony in Heidelberg in January. Sgt. Denis Alvarez, also of HHC, 1st ADDISCOM, earned runner-up honors as Culinary Warrior Noncommissioned Officer of the Year in the Philip A. Connelly Awards competition. Hanau's Patriot Gardens Dining Facility, operated by the 5th Battalion, 7th Air Defense Artillery Brigade, on Underwood Kaserne, was recognized as the second best small garrison dining facility in the 2006 Connelly competition. "As most of you know, food service is a demanding business," said Col. Karen S. Adams, deputy director of the Installation Management Command-Europe Region. "The achievement of these Soldiers, whose professionalism in the management and operation of our dining facilities in both the garrison and field environment is obvious, has truly been remarkable." (*USAREUR and IMCOM-Europe Releases*)

### Job recruiting teams

Representatives of the Orion International recruitment firm will make one to two-hour presentations at the Army Career and Alumni Program offices in Baumholder Feb. 15 and Hanau Feb. 16 from 10 a.m. to noon. After the presentation, the Orion representatives will conduct 30-minute, one-on-one interviews with potential job applicants from 1-5 p.m. Orion's training, counseling, information and placement services are free of charge. To schedule a one-on-one interview with one of the representatives visit Orion's website at [www.orioninternational.com](http://www.orioninternational.com).

A team from the Bradley-

Morris, Inc. agency will be in Baumholder Feb. 27 and Hanau March 2. The no-fee agency will conduct seminars and personal interviews. Georgina Young, overseas candidate recruiter, will be at Baumholder ACAP Feb. 27 from 10 a.m. to 4 p.m. and Hanau ACAP from 10 a.m. to 4 p.m. Schedule an appointment for an interview at [myagnich@bradley-morris.com](mailto:myagnich@bradley-morris.com) or by calling (678) 819 4188.

### Civilian training opportunities

Civilian employees have several opportunities for training in Hanau in February and March. Upcoming classes include Essentials of English Feb. 12-16, Report Writing Feb. 20-23 and Communication Skills March 22-23. To apply go to [www.chra.eur.army.mil](http://www.chra.eur.army.mil) and click on Training and Development, then "HRDD Courses in Europe" and then on "Course Schedule."

### New commissary website unveiled

The Defense Commissary Agency website, [www.commissaries.com](http://www.commissaries.com), has a new look and features. Besides a front page that changes with the season or occasion, the revised site now also offers more prominent links popular with commissary shoppers. "Customers can download a list of all items on sale at their commissary, or just by category," said Patrick Nixon, DeCA director and chief executive officer. Coupons can also be downloaded from the links page. (*DeCA Release*)

### 1st AD welcomes Brig. Gen. Boozer

A ceremony on the Wiesbaden Army Airfield's Minue Field Jan. 22 welcomed Brig Gen. James C. Boozer, the 1st Armored Division's new assistant division commander for maneuver. Boozer last served as the deputy chief of staff for Headquarters, U.S. Army Europe. (*1st Armored Division Public Affairs*)

## Health Promotion Council

### Team works to promote well-being across garrison

*Mission: "Identify redundancies and voids of programs and services by evaluating population needs, assessing existing programs and coordinating targeted interventions to optimize the well-being of the total force."*

By Karl Weisel  
U.S. Army Garrison  
Hessen Public  
Affairs Office



Photo by Carole Mann

Wendy Lakso leads a Youth Wellness Initiative meeting at the Wiesbaden Health Clinic.

Bringing a myriad of services and specialists together to address and enhance the health and well-being of Soldiers, civilians and families is the goal of the garrison's Health Promotion and Well-Being Council.

"We are unique over here in Europe," said Carrie Shult, deputy director of the Department for Health Promotion and Wellness for the U.S. Army Center for Health Promotion and Preventive Medicine-Europe. Unlike stateside garrisons which have no overarching centralized health and wellness oversight, USACHPPMEUR's Health Promotion and Well-Being Councils ensure health and wellness trends and concerns are captured, addressed and programs are instituted to influence changes where needed.

"Our program was started as a pilot program," said Shult, explaining that Laura Mitvalsky, chief of USACHPPMEUR's Health Promotion and Wellness Branch, served on an Inspector General's team in 1997 to look at health and wellness in Europe. "She was told there were lots of great programs, but what was missing was a coordinated effort to bring all those programs together."

"All of the community agencies were working very well in their own lanes, but they saw something was needed to tie everything together," said Wendy Lakso, U.S. Army Garrison Hessen health promotion coordinator.

The result was the introduction of the health promotion coordinators and councils which were fully implemented in 1999, Shult said.

"Health Promotion encompasses so much," said Lakso. "The council serves as an umbrella for all related community services (including command involvement). ... It meets at least quarterly and can openly assess the community's needs."

### Identify a trend

When council members identify a trend such as an increase in Soldiers driving drunk or youth obesity they organize process action teams which take a much more in-depth look at the issues. Once the PAT teams have had a chance to focus in on the causes and effects, their recommendations are brought to the attention of the command and programs are put in place to address the root causes and required changes.

"Sometimes issues are command driven," said Lakso, "but a lot of times they are data driven."

The USAG Giessen Combat and Operational Stress Control Team which formed a unified effort to address, identify and treat combat-related stress and a new Youth Wellness Initiative in USAG Wiesbaden both originated as a result of council members seeking to improve the overall wellness of the population, said Lakso.

"The beauty is we can share our programs," said Shult. "Because we are centrally managed and know our counterparts across Europe it makes it easier to get programs implemented and incorporate best practices from other communities."

"The council really streamlines our resources," Lakso said, explaining

that once the teams have established ways to address the issues, different agencies, directorates and resources are pulled in to support the effort. "People are very open to that — it saves money and resources."

"The command is so willing to be a part of this and promote wellness," Lakso added. "Having that command support is phenomenal and essential."

Community members have a number of forums to bring issues to the attention of senior leaders such as the Army Family Action Plan and commander's hotlines. Health Promotion also has several core programs to address Army-wide concerns.

Programs such as Operation Walk 4 Freedom, the Civilian Fitness Program, Pregnancy and Post-Partum physical training for female Soldiers and tobacco cessation address universal needs. Another valuable resource available to Soldiers and families is the Community Resource Guide which offers information, advice and links to more resources. The online link is available by clicking the "Community Resource Guide" slider on the bottom right side of the [www.usaghessen.eur.army.mil](http://www.usaghessen.eur.army.mil) home page.

For more information on USAG Hessen's Health Promotion program call Wendy Lakso in Hanau at mil 322-9509 or in Wiesbaden at mil 337-7244.



## Referral Bonus Program

### Earn \$2,000 for encouraging someone to join Army

By Sgt. Aimee Millham

U.S. Army Europe Public Affairs Office

As of November all Soldiers and retirees are one successful recruit away from making \$2,000.

The Referral Bonus Program has doubled its payout to sponsors from the original \$1,000, and recruiting command leaders expect it to help meet the Army's growing needs by encouraging more referrals.

"It helps a lot," said Sgt. 1st Class Michael Alden, Kaiserslautern Recruiting Station commander. "By generating leads to recruiting commands it helps meet the new goals Congress has set forth for the Army."

Julia Bobick, U.S. Army Recruiting Command public information specialist, outlined the program: To get the bonus, a sponsor refers a prospect online, and once the Defense Finance and Accounting Service confirms that the recruit is, in fact, in Basic Training, it pays the sponsor the first \$1,000. Once the recruit graduates from Basic Training and Advanced Individual Training, DFAS pays the second \$1,000.

The Referral Bonus program was already successful when it consisted of a \$1,000 bonus given to the sponsor after the recruit graduated AIT, Bobick said. "In fiscal year '06 more than 1,400 Soldiers were contracted and shipped under the Referral Bonus program." With the new program, even if the recruit does not complete basic training, the sponsor

may keep the first lump sum.

Eligible sponsors are Army retirees, active duty and reserve Soldiers not serving as recruiters, and Delayed Entry Program Soldiers. However, sponsors cannot refer immediate family members or personnel in their chain of command.

Recruits with prior military service or at any stage of the enlistment process — including having met with a recruiter — are not eligible for the program, according to USAREC.

To refer someone, log on to the Army Referral System for the Sergeant Major of the Army Recruiting Team website at [https://smart.goarmy.com/danana/auth/url\\_6/welcome.cgi](https://smart.goarmy.com/danana/auth/url_6/welcome.cgi) and follow the prompts. In order to submit their referral via the site, referring sponsors must establish either an Army Knowledge Online account at <https://www.us.army.mil/suite/login/welcome.html> or a self-registration account through [www.goarmy.com/accounts/register](http://www.goarmy.com/accounts/register).

For efficiency's sake sponsors should ensure that the recruit definitely intends to join, as once the referral is logged it is transferred to one of the local recruiting commands for follow-up, Alden said. "You want to make sure the person is sure, so you're not wasting theirs or the recruiter's time."

Referrals made outside the ARS-SMART website or phone lines will not be considered for the referral bonus. Referrals may be entered by phone via the USAREC ARS-SMART line at 1-800-223-3735, ext. 6-0473.

## Cooking fires . . . . .

Continued from page 1

said, adding that fire safety officials also spent a lot of time in the past year visiting schools and other events to better educate community members young and old.

Where in the past youngsters sometimes were the culprits in regards to fires on U.S. military installations — last fiscal year youths in Giessen started one blaze — that is not the case this year, Ruehrer said. "The most careless acts involve adults, not children," he said.

The USAG Hessen fire and emergency chief reminded Soldiers, civilians and family members across the garrison that even a slight distraction when cooking can lead to a fire in the kitchen.

"How often has the doorbell rung or a child interrupted you while you were cooking, causing you to forget about the chicken you left sizzling on the stove — until smoke filled the house?" asked Ruehrer. "Often when we're called to a cooking-related fire, the residents tell us they only left the kitchen for a few minutes. Sadly, that's all it takes for a dangerous fire to start."

"The bottom line is that there's really no safe period of time for the cook to step away from a hot stove," he said, providing the following pointers:

- ✓ Stay in the kitchen when you are frying, grilling, broiling or boiling food. If you must leave the room even for a short period of time, turn off the stove.
- ✓ When you are simmering, baking or roasting

food, check it regularly, stay in the home and use a timer to remind you.

- ✓ Keep cooking areas clean and clear of combustibles (potholders, towels, rags, drapes and food packaging).

- ✓ Keep children away from cooking areas by enforcing a "kid-free zone" of three feet (one meter) around the stove.

- ✓ If you have a fire in your microwave, turn it off immediately and keep the door closed. Never open the door until the fire is completely out. If in doubt, get out of the home and call the fire department.

- ✓ Always keep an oven mitt and a lid nearby. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing the oven mitt). Turn off the burner and slide the pan off the burner. To keep the fire from restarting, do not remove the lid until it is completely cool. Never pour water on a grease fire. If the fire does not go out, get out of the home and call the fire department.

- ✓ If an oven fire starts, turn off the heat and keep the door closed to prevent flames from burning you or your clothing. If the fire does not go out, get out of the home and call the fire department.

"A cooking fire can quickly turn deadly," said Ruehrer. "I've seen too many homes destroyed and people killed or injured by fires that could have been easily avoided."



## USAG Hessen blotter

Compiled by the U.S. Army Garrison Hessen  
Directorate of Emergency Services

Jan. 8

**Giessen:** A Soldier was charged with making a false official statement after he told investigators that someone may have put something into his drink the night before. He later gave a sworn statement recanting his first statement.

Jan. 9

**Giessen:** An NCO was charged with traffic accident with damage to government property and failure to judge proper distance after the NCO, while operating a U.S. government vehicle, collided with a metal barrier.

Jan. 10

**Wiesbaden:** An NCO was charged with traffic accident/failure to judge proper clearance after the NCO struck a wall.

Jan. 11

**Hanau:** A Soldier was charged with AWOL - failure to go to place of duty after he failed to appear at an accountability formation. He has remained absent from his place of duty.

Jan. 12

**Baumholder:** A Soldier was charged with simple assault - consummated by a battery after the Soldier and another person were involved in a verbal altercation, which turned physical. The Soldier broke the other person's nose.

Jan. 13

**Baumholder:** A Soldier was charged with drunken driving and failure to obey an order or regulation (operating a POV without a valid operator's permit) after the subject was stopped by the German police. The Soldier does not possess a valid U.S. Army Europe license.

Jan. 14

**Baumholder:** A Soldier was charged with traffic accident resulting in personal injury, traffic accident with damage to host nation property, traffic accident with damage to private property and traffic accident/excessive speed for conditions after the Soldier, while driving his car, struck a roadside marker, overturning the car. Three Soldiers who were passengers were taken to a German hospital.

Jan. 15

**Wiesbaden:** A Soldier was charged with traffic accident/improper backing after backing into another car.

Jan. 16

**Hanau:** A Soldier was charged with wrongful damaging of government property after he damaged a door lock by punching and slamming the door.

Jan. 17

**Hanau:** An NCO was charged with larceny of AAFES property (\$100 and over) after AAFES security personnel observed the subject remove a discounted price tag from a purse and place it on another higher-priced purse. The subject then purchased the item at the erroneous price.

Jan. 18

**Wiesbaden:** A Soldier was charged with simple assault - consummated by a battery and domestic violence after the Soldier and his wife were involved in a physical altercation.

Jan. 19

**Hanau:** An NCO was charged with larceny of NAF property (POL items) after the NCO filled his car with gasoline worth \$18 and left the area without paying.

Jan. 20

**Baumholder:** An officer was charged with drunken driving, simple assault - consummated by a battery and spouse abuse after Military Police approached his vehicle, and observed the officer striking his wife in the face.

Jan. 21

**Wiesbaden:** An officer was charged with traffic accident/improper backing after the officer backed into a parked car.

## Housing rates boosted

### Service members see hike in basic allowance for housing

By Gerry J. Gilmore  
American Forces Press Service

Service members received an average 3.5 percent boost in their basic allowance for housing compensation benefit this year, according to Defense Department officials.

The BAH increase started Jan. 1 and works out to about \$300 million more than what was paid in 2006, officials said.

"The continued improvement in housing allowances represents our commitment to the preservation of a compensation and benefit structure which will provide members with a suitable and secure standard of living that will sustain a trained, experienced and ready force in the future," said Cynthia Smith, a DoD spokeswoman.

Officials said military housing al-

lowances are computed according to three key criteria: median current market rent; average utilities, to include electricity, heat and water/sewer costs; and average renter's insurance.

BAH rates also are based on dwelling type and number of bedrooms in a given area and then calculated for each pay grade, both with and without family members.

For service members with family members, average increases in the BAH are approximately \$44 per month. For example, a typical specialist/corporal (E-4) receives about \$34 more in BAH than in 2006, while a master sergeant/first sergeant (E-8) is getting about \$42

more this year.

The BAH rate system has built-in protections to ensure an individual service member in a given location won't see his or her BAH rate decrease. This provision assures that members who have made long-term lease or contract commitments are not penalized if the area's housing costs decrease.

Some areas' housing costs have remained relatively stable, while others continue to rise. Most of the costliest housing in the United States with the highest BAH rates are clustered on or near the East and West coasts, and the state of Hawaii.



## Personnel system . . . . .

Continued from page 1

Hanau will be scheduled in March.

USAG Wiesbaden employees can attend the one-day training Feb. 15, 16, 20, 26 or 27. A two-day training session for Wiesbaden supervisors is scheduled for Feb. 22-23 and March 1-2.

USAG Baumholder employee training will be held March 28, April 2 and 3. Supervisors will be trained March 29-30 and April 4-5.

"The Performance Management system itself is like nothing we've ever seen before," said Harris, addressing a group of Hanau Community employees Jan. 20. "There are sweeping changes."

For those in human resources, NSPS is a simpler system, said Harris. SF-50s will not have to be cut for every personnel action. Hiring and assignment procedures are improved. "Managers are very happy about this," she said.

"There are lots of things that are not going to change as a result of NSPS. Merit system principles are still in place; veteran's preference is preserved. Benefits such as retirement and health and life insurance are not affected by NSPS," Harris said. Equal employment opportunities, due process, living quarters allowance, post allowance, training, leave accrual and work schedules are unchanged as well.

The compensation and rewards piece has changed drastically," said Harris. "The most exciting thing about NSPS is the pay for performance piece — knowing that I'm going to get paid for

my contribution."

"The system is based on providing equal pay for equal work within the local pay area," said Harris. "We want to promote a high performance culture. We want to pay for performance. We want to pay incentives for a flexible, agile workforce. "If you're able to move you can do well. If you're unable or unwilling to move then you're probably going to be stuck with the same pay."

Under NSPS an employee's self assessment is the key to pay for performance. "Employees will write their own performance objectives," said Harris. "It is the employee's responsibility to communicate what they have achieved. Employees will have to identify specific examples of what they have achieved and demonstrate how their accomplishments supported the organization in achieving its goals."

### Active role in appraisal

"Employees need to understand that they are now going to take an active role in their performance appraisal. TAPES did not require this," said Harris.

Employee reaction was mixed at a Hanau Community training session. "I was concerned because it seemed as if they were bringing it back to the good old boy system," said Harvey Dixon, a mail room manager on Pioneer Kaserne in Hanau. "I thought they were giving the supervisor all the power. But there are some checks and balances. How good they are going to be — I don't

know. When we get the pay-outs we'll see."

But Dixon said he likes the self-assessment aspect of the system. "A self-assessment tells the supervisor what you do and how well you do it; how your efforts benefit the organization," he said.

"I like the idea that you're going to be rewarded for going the extra mile," said Tony J. Untalan, the Hanau Community Army Volunteer Corps coordinator. "I'm concerned that folks may not take full advantage of this new system; that it will take advantage of them. My concern is that employees may not be able to write good objectives. But I like that there will be training offered on how to write them."

A contractor will handle this training, said Harris. But it will be up to each garrison to offer the self-assessment training. It depends on whether or not the garrison has the funds to hire the contractor, she added.

Army managers will find themselves in a very different position in NSPS. "Army managers do technical work as well as manage and supervise. They must understand to make this work they're going to have to put a tremendous amount of effort into supervising their employees. This system requires 75-80 percent of the time in supervision tasks," she said.

Registration for NSPS training is online at <https://atrra.army.mil/channels/chrtas>.

## News flash

### GWOT stories sought

The Military Channel seeks service members across the armed forces who would like to share their videotaped stories about their service in the Global War on Terrorism for broadcast on television. The Military Channel plans to use service member-submitted videos during nightly one-hour blocks of programming starting this month. Videos can be digital or taped format and can be submitted online at the [www.mywardiary.com](http://www.mywardiary.com) website, by email to [mywardiary@discovery.com](mailto:mywardiary@discovery.com) or mailed to Military Videos, care of Discovery Productions, 8045 Kennett Street, Silver Spring, Md. 20910. All videos will be screened for appropriate content. (American Forces Press Service)

### Lean Six Sigma training

Lean Six Sigma training courses will be held in Heidelberg — Black Belt Training Feb. 26 to March 2 and Green Belt Training March 19-23. Military and Department of the Army civilians can participate in Army transformation by enrolling in one of the classes. Visit <https://g8mpb.hqusareur.army.mil> or call mil 370-3531 for more information.

### More DoD news sources

Defense Department news releases, articles and other information are available in a new format customized for easier viewing on BlackBerries and other mobile devices. The new, mobile-device-friendly format can be accessed at [www.dod.mil/mobile](http://www.dod.mil/mobile). The new format is specifically condensed to better fit onto the tiny viewing screens featured by most mobile devices. (American Forces Press Service)

### Product safety recall

While space heaters are illegal in government buildings, consumers are warned that the U.S. Consumer Product Safety Commission recently announced a safety recall for Oscillating Ceramic Heaters, sold at Family Dollar stores nationwide from September to November 2006. The heaters may overheat and smoke, posing a fire hazard. The 1,500-watt ceramic heater has the name "Heat-Wave" on its plastic housing and a label with the control number "ETL 3090262." Consumers should stop using the heaters immediately and contact Family Dollar for a full refund. Visit the CPSC's website at [www.cpsc.gov](http://www.cpsc.gov) for more information on this and other product safety recalls.



## Neubrück thrives with support

By Susan Huseman  
U.S. Army Garrison Hessen  
Public Affairs Office

Tiny Neubrück Elementary School is a giant when it comes to parental involvement.

The school started the 2006/2007 school year with 120 students, said Kara Craven, one of the first-grade teachers. NES teaches kindergarten to sixth grade, with one class of each grade except for a combined fifth and sixth-grade class.

"My class has 13 students. The largest class has 21 or 22," said Craven, also the Parent Teacher Association treasurer. "It's one of the benefits of being a small school ... having a smaller class size."

The school may be small but it receives tremendous support from parents and the community, according to Craven. "We have an awesome PTA that puts events together," she said. "We regularly have 200 people attend our events."

"We had a rip-roaring Mother's Day event last year," she said. More than 200 mothers, students and siblings came to the free luncheon.

"The children made placemats and Mother's Day cards for their moms and even served them. A photographer took family portraits. Each family left with a 5x7 photo," said Craven. The photos were also emailed to the family so those with deployed spouses could have a copy.

This month the PTA sponsors the annual talent show Feb. 9. "People bring finger foods; we eat and then perform," she said. "Last year the talent show had 20 acts. We had gymnastics performances, dancing, singing. Parents, family members, students and teachers performed."

This year's dinner is from 5-6 p.m. People attending are asked to bring enough finger food to serve 10. The talent show is scheduled to follow dinner from 6-8 p.m. Interested performers can still contact Craven at mil 485-7720.

The PTA also sponsors more academic endeavors. "In January the PTA hosted the Spelling Bee. Three students from each grade (third to sixth) competed against each other. Prizes were donated by the PTA and a school parent — \$10 gift certificates from AAFES for all participants," Craven said.

"Our Reading Counts store is entirely staffed by volunteers," she said. At the store children receive prizes for reaching benchmarks in the Reading



Photo by Kara Craven

John Reinhardt of the Pocket Opera Players of Maine sings with (from left) Alex Crowson, 6, Shayne Dooley, 5, and Cole Kochanowski, 6. The Baumholder Community Spouses Club funded the performance.

Counts program such as reading a certain number of books. "We have photo albums, T-shirts, books — all funded by the PTA."

Community members also donate prizes to the school. "Someone donated a bunch of Beanie Babies," said Craven. "After the TerraNova testing in March we will have a Beanie Baby bingo to reward the students for a job well done and for getting through the week."

Teachers and parents are focused on the annual test, she said. "We sit down, look at the students' scores and analyze what is going on. We have both parents and teachers who volunteer to do one-on-one tutoring for students who need help."

### Community lends support

The school receives support from the community as well. "When we need something people come running," said Craven.

"The Baumholder Community Spouses Club has supported us through financial gifts to supplement programs, such as field trips and the Pocket Opera Players," she said. "John Reinhardt came from Maine to introduce the children to the world of opera. He and his troupe sang excerpts from 'The Magic Flute'



Photo by Kara Craven

Klaus Schröter, an inspector with the Baumholder Fire Department, speaks to first-graders about fire prevention.

and talked to the children about audience manners as well as about opera."

"Eighth Finance also sponsors the school," said Craven. "They've come out and grilled burgers at our open house and field day events. They've been deployed and have just come back. We look forward to seeing them again."

The community came together for last year's teacher appreciation week. "We had people giving haircuts and manicures. They even made breakfast for the teachers," Craven said.

The appreciation is reciprocated. "We have an annual volunteer appreciation day," said Craven. "The teachers get together and provide an afternoon tea to award our volunteers."

"We're a family. It's a small school and we're very close," said Craven. "We all have our roles and our vision, and we come together to give the students the best we can."

## School bits

### Wiesbaden kudos

General H.H. Arnold High School congratulates Steven Ponte, Danielle Wisti, Joseph Jansen, Victor Klunk, Ivory Freeman and Seger Marion for earning certification as Microsoft Office Specialists. The certification validates the students' computer skills.

### Aukamm PTA volunteers

The Aukamm PTA encourages parents, sponsors, and guardians to take on a volunteer position in the PTA. For information about these positions or to become a committee chairman inquire in the main office or call civ (0611) 561 272.

### Baumholder Middle High School needs parent input

The Baumholder Middle High School begins a new five-year cycle of their Community Strategic Plan and seeks parental involvement and input into the direction the school will be taking. The next meeting is March 16 at 8 a.m. Get involved by contacting Charlotte Uriegas at [charlotte.uriegas@eu.dodea.edu](mailto:charlotte.uriegas@eu.dodea.edu) or Judy Walter at [judy.walter@eu.dodea.edu](mailto:judy.walter@eu.dodea.edu).

### Wiesbaden Middle School notes

Retakes and new student school photos are scheduled for Feb. 5. Order forms are available in the student affairs office. An award assembly for eighth grade is scheduled for Feb. 7, seventh grade Feb. 15. The Valentine's Day dance is Feb. 9 from 6-9 p.m.

### Hanau National Honor Society inductees

Congratulations to the Hanau Middle High School National Honor Society inductees Kathlene Ayala, Christopher Brown, Megan Buckner, Toni Downey, Roberautrice Eddie, Sarah Hauserman, Timothy Marshall, Kevin Martin, Jackson Morris, Feiloaiga Oloi, Aries Quintero, Sinead Thomas and Jennifer Thompson. They join current members Emily Morris, Giovanni Vidal, Otinetta Eddie, Katherine Maccagnan, Alisa McClearn and Jehan Bostick.

### Argonner volunteers needed

Argonner Elementary School's Young Author's Club needs parent volunteers to help with editing and publishing student works Wednesday after school. Contact Lydia Youngman at [lydia.youngman@eu.dodea.edu](mailto:lydia.youngman@eu.dodea.edu).

**Focus on Neubrück Elementary School**



Wiesbaden Army Airfield project

## Chapel gets face-lift, new cross

By Carole Mann

U.S. Army Garrison Wiesbaden  
Public Affairs Office

Wiesbaden churchgoers now have a greatly improved house of worship thanks to a renovation project that began in October.

The U.S. Army Garrison Wiesbaden and Chaplains

Corps funded the project to restore the Wiesbaden Army Airfield Chapel and its annex building, built in 1951.

The first phase of the \$700,000 project included restoring the sanctuary and the exterior. This was accomplished in time for the holidays, but the bulk of the work was completed by Thanksgiving.

"The major changes can be seen inside the chapel," said Garrison Chaplain (Lt. Col.) John Foxworth. Old carpeting was removed and replaced with a new hardwood floor. Walls were plastered and painted and a new sound system installed. The exterior of the chapel was completely plastered and painted.

"The chapel renovation is a testimony by the command that the spiritual fitness of



Photos by Carole Mann

A fresh coat of paint, new floors and a sound system are just a few of the renovations taking place at the Wiesbaden Army Airfield Chapel. The \$700,000 project is expected to be completed by this spring.

Soldiers is as important as their physical fitness. It's great to see the commitment to a world class spiritual fitness facility," said Chaplain (Maj.) Peter R. Sniffin, 1st Armored Division chaplain.

A new handcrafted wooden cross hanging in the chapel was donated by John Gardner-Brown, a carpenter working for the Römer Art Center at Wiesbaden Army Airfield. Gardner-Brown said when he heard the chapel was in need of a new cross he knew immediately the purpose for the extra pile of lumber in his workshop.

"The inspiration came from men in my grandfather's trench regiment," Gardner-Brown

said, explaining that his grandfather was presented with a cross from men in his regiment while recovering in a field hospital after being blown out of a trench. The cross was built from wing spars off a World War II plane.

Gardner-Brown built the chapel cross to replicate the one his grandfather received and dedicated it to his grandfather, who served as an Army chaplain in World War I, and his father, who served as an Army chaplain in World War II. "I wanted to memorialize what they did," said Gardner-Brown.

"The presence of God has always been there before the changes, but the lighting and

paint on the wall has made the presence of the Holy Spirit even more," said Florence Lane, who has been attending the Gospel service since 2005.

"The place is full all of the time. Having the renovation has made people feel more welcome," said Monica Olson, who attends Protestant services.

A plan to renovate the Chapel Annex Building used for Sunday School and fellowship is set to take place sometime in March as weather permits. Plans include replacing the roof, bathroom, kitchen and floor and adding an elevator for handicap access. All classrooms will be remodeled as well.



A new cross, built by John Gardner-Brown, hangs in the WAAF Chapel.

## Community religious services

### Wiesbaden Army Airfield Chapel

Sunday services:

10 a.m. Protestant

11:15 a.m. Sunday School (Annex)

12:30 p.m. Gospel

Tuesday: Catholic Mass at noon

Friday: Jewish services at 7:30 p.m.

Saturday: Catholic Mass at 5 p.m.

### Hainerberg Housing Chapel

Sunday services:

9 a.m. Catholic Mass

9:30 a.m. Sunday School (at high school)

10:30 a.m. CCD (at middle school)

11 a.m. Protestant

Thursday: Catholic Mass at noon

### Dexheim Chapel

Sunday services:

8:30 a.m. Sunday School

10 a.m. Protestant, CCD (at elementary school)

11:30 a.m. Catholic Mass

1 p.m. COGIC

### Christian playgroup

Little Lambs is a chapel-sponsored, Christian interfaith playgroup designed as an interactive playtime for the parent and child. Little Lambs meet on Tuesday from 10-11:30 a.m. at the Hainerberg Chapel annex. For more information call civ (06128) 480-944 or (0611) 724-3858.

For information on any religious service, activity or event call the Garrison Chaplain's Office at mil 335-5171/5248 or civ (0611) 408-0171/0248.

## Online housing survey available until Feb. 28

Service members living on the economy in Europe and concerned about their housing costs are encouraged to complete the annual Overseas Housing, Utility and Move-in Allowance surveys in February.

The survey is only available online, and will be accessible starting Feb. 1 and must be completed by Feb. 28 by service members stationed in Europe and living in privately leased houses or apartments, said Maj. Randy Johnson, 266th Finance Command deputy finance operations director.

The link to the survey can be found at <https://www.perdiem.osd.mil/oha/survey/feboha.html>.

Maximum participation in the survey is essential because the Department of Defense Per Diem, Travel and Transportation Allowance committee will determine next year's allowances and reimbursements to service members based upon the results, Johnson said.

"These rates are based on the actual expenses service members incur," he said.

The questionnaire is similar in scope to previous surveys, Johnson said. Respondents will report the average monthly cost of utilities and routine household maintenance.

To complete the utility portion of the survey, service members should base their responses on the actual cost

of the utility and maintenance services, he said.

For the move-in portion of the survey, service members will be asked to report actual moving expenses such as purchases of refrigerators, washing machines, transformers, voltage regulators, utility hookup and installation charges.

The survey can be completed at the service member's workplace or home. If it cannot be completed during one session, the respondent can stop and complete it later. However, once started, the work can only be completed on the same computer.

Maximum participation is strongly encouraged because the results could impact every service members' allowances, Johnson said.

"We need maximum participation in order to ensure that we establish accurate reimbursement rates for utilities and moving expenses so the government can establish a realistic standard," he said. "We must be fair to the Soldiers, but we must also be good stewards of the taxpayers' dollars."

For more information about completing the survey, service members should contact their local finance and accounting office, Johnson said. (*Courtesy of the U.S. Army Europe Public Affairs Office*)



Photo by Sgt. Curt Cashour

### Multinational Division Central-South change of command

U.S. Army Lt. Gen. Ray Odierno (left), commander of Multinational Corps-Iraq and a former 1st Armored Division assistant division commander for support, shakes hands with incoming Multinational Division Central-South commander Polish Maj. Gen. Pawel Lamla during a change of command ceremony Jan. 24 at Camp Echo, Iraq. Odierno was commander of the 4th Infantry Division when his troops captured former Iraqi president Saddam Hussein in December 2003.

### Helping families impacted by new strategy in Iraq

## Robust support for military families ongoing

Twenty-two of America's most prestigious military and community support organizations discussed how to help military families impacted by the President's new strategy for the war in Iraq last month.

"As additional forces deploy in support of the new strategies in Iraq, programs and policies at home will immediately respond to the needs of families. These families will need grassroots support as many are National Guard and Reserve and are distributed across many states rather than on or near military installations," said Michael L. Dominguez, principal deputy undersecretary of defense for personnel and readiness, at the meeting.

"We all know the important role military families play in national security," he said. "You (the support organizations) deliver services so essential and capture information about what needs to be done, I asked you to attend today to hear your ideas."

The Department of Defense has a strong bond with all of these grassroots organizations nationwide. A separate section of the Military OneSource website now includes a page where community and military support organizations can post sponsored events to help connect families in their communities.

"Military families also serve. They have a patri-

otic and noble spirit," Dominguez said, "but their sacrifices are greater than ever with change in deployments. We appreciate your steadfast support."

Key activities under way in the Department of Defense to support military units impacted by the policy change will address families' needs, Dominguez said. Initial efforts will specifically target the needs of the units in the Minnesota National Guard, the first heavily impacted state.

A team of military family assistance counselors, requested by Minnesota's adjutant general, will provide ongoing support to families in the months to come, Dominguez said. They will help coordinate local resources, identify needed services, conduct face-to-face counseling, teach classes and help families and children develop coping strategies.

These programs are based on recent experiences with similar changes in rotations. Other family issues will address financial stability and emotional challenges. Particular attention will be paid to respite child care and children's emotional well-being.

Similar plans to support service members and families of other affected units are under way by each of the military services; they are aggressively

engaged. The Defense Department's robust Military OneSource central location for assistance is available 24-hours-a-day, seven days-a-week. The website [www.militaryonesource.com](http://www.militaryonesource.com) and toll-free telephone number at (800) 342-9647 provide immediate access to a consultant for help with problem solving — no issue is too small.

"If ever there was a time to show that we care for our troops, it's now," one attendee said.

Organizations present at the meeting were Air Force Association, American Red Cross, American Legion, Armed Services YMCA, Army Emergency Relief, Association of the United States Army, Boys and Girls Clubs of America, Enlisted Association of the National Guard, Fleet Reserve Association, Marine Corps Reserve Association, Marine Corps League, Military Officers Association of America, National Association for Uniformed Services, National Enlisted Reserve Association, National Guard Association of America, National Military Family Association, Navy League of the United States, Navy Marine Corps Relief Society, Noncommissioned Officers Association of the United States of America, Reserve Officers Association, United Services Organization and the Veterans of Foreign Wars.



# Community news notes

## Horseback riding

Horseback riding is offered in Wiesbaden Adamstal Eiserne Hand between Wiesbaden and Taunusstein. For more information call civ (0611) 957 0837 or (0179) 69 28 079.

## Mommy/Daddy 101

Army Community Service offers a special class for fathers to learn the basics of newborn care. Feeding, handling, dressing, diapering and bonding will be demonstrated step-by-step Feb. 28 from 1-4 p.m. at Wiesbaden Army Community Service. Moms can get their special class March 21 from noon to 2:30 p.m. To register call the New Parent Education and Support Program at mil 335-5254 or civ (0611) 408-0254.

## Tax Center open

The Wiesbaden Tax Assistance Center is open Monday to Wednesday and Friday from 9 a.m. to noon and 1-5 p.m. It's also open Thursday from 1-5 p.m. Customers should arrive 15 minutes before their scheduled appointment. The TAC is located on the second floor of Building 1046 next to the Barber Shop at Wiesbaden Army Airfield. For more information or to make an appointment call mil 337-4755 or civ (0611) 705-4755.

## Bowling party

Wiesbaden and Dexheim Bowling Centers host a Super Bowl party Feb. 4 starting at 10 p.m. Tickets are \$10 per person and include three games, shoe rental and meal. Children are welcome too along with their sleeping bags and pillows. Reservations are required. Call mil 335-5238 or civ (0611) 408-0238 for tickets by Feb. 2.

## Instructor workshop

The Wiesbaden Fitness Center offers a "Designing Children's Fitness Programs" workshop Feb. 22 from 1-4 p.m. The workshop addresses concerns about increasing weight and decreasing activity



Photo by Cassandra Kardeke

## Come join the fun at the Mainz-Kastel Fasching parade

Take part in this year's Fasching parade in Mainz-Kastel. Hollman's Auto Service will provide floats for American participation in the parade Feb. 17. Soldiers, civilians and family members are encouraged to dress up and show their American spirit. Candy will be provided by U.S. Army Garrison Wiesbaden and Hollman's to pass out during the parade. Anyone wishing to participate should meet at Military Car Sales at Mainz-Kastel Storage Station at 12:30 p.m. the day of the parade. All floats and participants will head to their position in the parade line-up at 1 p.m. Units, organizations and clubs interested in sponsoring a float for the parade should call civ (06134) 3381 or send email to [gmwiesbaden@yahoo.de](mailto:gmwiesbaden@yahoo.de). For more information call the Public Affairs Office at mil 337-5142 or civ (0611) 705-5142.

levels of American children. Participants will receive certification and college credit. Course costs \$65. For more information or to register call 337-5541 or send an email to [teia.scott@eur.army.mil](mailto:teia.scott@eur.army.mil).

## Parent time off

Dexheim Child and Youth Services is giving parents some "time off" Feb. 10 and May 19. Parents can make reservations and receive hourly care rates at

the Dexheim Child Development Center during these times. Reservations must be made by the Wednesday before and CYS enrollment is required. To sign up call mil 334-5667 or civ (06133) 69-667.

## Discipline class

The Family Advocacy Program offers a new class, "A Guide to Discipline." Learn how discipline and parenting go hand-in-hand and how to

empower and guide children who will one day be adults with families of their own. Call mil 335-5254 or civ (0611) 408-0254 for more information and to sign up for the class.

## Respite providers

Army Community Service seeks emergency placement care and respite care providers for the Wiesbaden and Dexheim communities. Help make a difference in a child's life. Call mil 335-5254/5234 or civ (0611) 408-0254/0234 for more information.

## Scholarship deadline

Applications for the Wiesbaden Community Spouses Club Scholarship Program will be accepted through March 1 for seniors at Wiesbaden High School and spouses and family members continuing their education. Applications can be picked up at the Wiesbaden and Dexheim Education centers, Wiesbaden and Dexheim community libraries, Army Community Service and at the high school.

## Scout news

Boy Scout Troop 107 meets every Monday from 7-8:30 p.m. at Aukamm Elementary School. Boys can enjoy a variety of traditional scouting opportunities such as summer and weekend camps, hikes, adventure and more. Call mil 337-6191 or civ (06135) 5815 for more information.

## Salsa lessons

The Wiesbaden Fitness Center now offers salsa lessons. Have a great time while learning the hottest Latin

moves. Call mil 337-5541 or civ (0611) 705-5541 for more information.

## Stress reduction

Wiesbaden Fitness Center offers stress reduction classes every Friday from 11:45 a.m. to 12:30 p.m. The class offers meditation, guided relaxation and breathing techniques to help create a healthier lifestyle. For more information call mil 337-5541 or civ (0611) 705-5541.

## SAT/ACT workshop

Child and Youth Services hosts SAT/ACT workshops for high school juniors and seniors interested in preparing for their SAT/ACT. Workshops are Feb. 5 and 19 from 7-8:30 p.m. at the middle school teen center, Building 7884 in Hainerberg Housing. For more information call mil 335-5592 or civ (0611) 408-0592.

## Play games

The Cappuccino Casino in Hainerberg Shopping Center hosts weekly events with cash prizes. Pool tournaments are held the first and third Friday of the month at 7 p.m. Dominoes tournaments are held the second and fourth Friday at 7 p.m. Spades are played the second Saturday at 7 p.m. and a dart tournament is held every first and third Saturday at 7 p.m. For more information call civ (0611) 411-4444.

## VFW members wanted

Wiesbaden's Veterans of Foreign Wars holds monthly meetings the second Thursday of the month at 7 p.m. at the Community Activity Center at Wiesbaden Army Airfield.



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# Instructor shares talent with youths

## Teaches harp in Wiesbaden

**By Carole Mann**

*U.S. Army Garrison Wiesbaden  
Public Affairs Office*

The dulcet tones of a musician's harp brings smiles to the faces of children in the Wiesbaden community.

Harpist Valerie Weber spends most of her time entertaining children and teaching them the fine arts of music through her lessons and performances.

Weber shares her musical talents with School-Age Services children at Wiesbaden Army Airfield Child Development Center. She teaches them

xylophone, metallaphone and recorder, as well as the fundamentals of the harp.

"I have a very strong mission to bring the joy of music to children," said Weber, "I do this in my performances, private lessons and the work I do for School-Age Services."

Weber provides private harp lessons at the Römer Arts Center to children as young as 5 years old.

She uses the Suzuki method, a natural method that teaches children how to play the harp before learning to read music.

"They learn to read notes just like they learn their native language," said Weber. Parents are encouraged to get involved by attending their child's lesson.

"I think it's great that parents get involved; it makes it a family event," said Marc Scott, who attends lessons with his daughter, Genny.

"Valerie is great, she has a gift and ability to get kids to perform above expectations," he said.

### Like the angels

"I chose to play the harp because I know the angels play it," said Genny, who began her lessons last spring.

"I like the way Miss Weber teaches. We have fun playing the harp together," said Lydia Simpson, 10, who began her lessons three months ago.

Weber's beginner students learn songs such as "Twinkle, Twinkle, Little Star" and "Scotland's Burning." "I love to watch the children perform and grow," said Weber.



Photo by Carole Mann

Lydia Simpson, age 10, plays the harp with her instructor, Valerie Weber. Weber has performed throughout the Wiesbaden community and currently offers lessons to children through the Römer Arts Center.

Weber performed at the Wiesbaden Library Jan. 14 as part of a winter concert series targeted for an audience of children. She demonstrated techniques such as the pedal slide and played the theme song from

"Beauty and the Beast."

Weber said she hopes to eventually do group lessons and plans to coordinate recitals for her students. Those wishing to learn more about the harp and music lessons can call the Römer Art Center at mil 337-5722 or civ (0611) 705-5722.

<p>Christian Education Advanced Curriculum Academic Program for 2yrs - 8th Grade  Pastor Joseph L. Freeman Jr</p>	<p>Community Christian Academy nhcca2006@yahoo.com <b>New Hope Missionary Baptist Church</b> Schossberg Strasse 11, Wiesbaden-Schierstein, Germany 0611-927-9783, Fax 0611-238-8942 Sunday School 0930hrs • Worship Service 1100hrs Choir Thursdays 1900hrs  Tuesday: Brotherhood 2nd, 3rd 19:00 Usher 4th 19:00 Wednesday: Youth Choir 1st, 2nd 19:00 Prayer Meeting/Bible Study 19:00/19:30</p>
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# Winds damage property, environment

By Ignacio "Iggy" Rubalcava

U.S. Army Garrison Baumholder  
Public Affairs Office

Kyrill left its mark on Baumholder Jan. 18 as it whipped through the community with winds up to 60 miles per hour.

"It's been at least 10 years since Germany and Europe experienced such a strong storm that caused so much damage," said Capt. Matthew Hauke, production supervisor at the 21st Operational Weather Squadron at Sembach Air Base.

Winds reaching 40 to 50 knots began battering Baumholder at about 10 a.m. Jan. 18, according to officials at the 21st OWS. The brunt of the storm occurred at 1:08 p.m. Jan. 18 when Baumholder experienced winds up to 52 knots, or 60 miles per hour, officials said.

Kyrill uprooted trees and damaged property throughout the community but no injuries were reported. The most extensive damage occurred in Wetzel Housing when the wind lifted the roof off Building 8875 next to the Baumholder Housing Office. The bottom floor of the building is under renovation and will be used by the Junior Reserve Officer Training Corps and Child and Youth Services.

The roof was designed as a continuous metal sheet. "When you had winds in excess of 180 kilometers come up under the eve, it just took the whole thing up and turned it into a flying wing," said Pat Brady, from the U.S. Army Garrison Hessen Directorate of Public Works design and construction division.

Renovation of the first floor in Building 8875 is being handled by engineers from U.S. Army Garrison Hessen, so Brady was called in to organize the cleanup and repairs to prevent any additional damage to the building and to the renovation project on the first floor.

Together with members of USAG Baumholder Directorate of Public Works and SKE Facility Management Services,



Photo by Ignacio "Iggy" Rubalcava

**The roof of Building 8875 litters the street after strong winds ripped it completely off the building Jan. 18.**

the contractors handling the cleanup and repair project, Brady immediately began planning the cleanup and repair efforts.

"We have to do this in two stages. The first stage is the emergency response. We've got to get the contractor out there working as soon as is physically and contractually possible," said Brady.

"Our immediate priorities are to clean up the damage, remove safety hazards and place a temporary roof on the building to prevent damage from moisture," said Brady.

"We are moving quickly on this. We are already mobilizing people and material for the cleanup project," said Brady. Response to this emergency was swift and Brady gave much credit to SKE Facility Management Services. "I could not do what I am doing right now without these guys," said Brady.

The second phase includes placing a new permanent roof on the building. "It involves coming up with estimates, scope, coming up with funds and permission and then proceeding with the project. We are already doing an initial inspection to see if there is an

imminent hazard and there appears to be none," said Brady. "We're also going to get a structural engineer out there to do a static to clear any safety issues and then we will develop a task order and repair the damage," said Brady.

The cleanup portion will be done within days but Brady estimates it will take about six months before a new roof is in place. "Of course, I'm going to push for that to be done quicker, but I don't want to rush into this and just replace without thinking. My concern is the safety of the existing timber truss system. I want to make sure that it is safe before I put new insulation and new roofing on top of that. I don't want the roof to come down on people some day, so I'm going to go a little slow there, but as far as the cleaning up of the mess and the protection of the building with a temporary roof, we're going very fast on that," said Brady.

The initial estimate to clean the damage and replace the roof is approximately €200,000. Brady and his team were also asked by USAG Baumholder officials to handle the repair of fence damage near the clinic as well as damage to



Photo by Ignacio "Iggy" Rubalcava

**Pat Brady (left) heads up the team responsible for cleaning up the rubble from Building 8875 and repairing the roof.**

another roof at a motor pool on Smith Barracks.

The strong winds also took their toll on other Baumholder structures.

The marquee next to Mountaineer Gym, used to advertise community events, was toppled and gnarled beyond repair, and a 60-foot tree in front of the 1st Battalion, 6th Infantry Regiment, headquarters building was uprooted. The tree top had to be quickly removed because it extended into the walkway and road. The tree was removed over the weekend.

Even before the brunt of the storm hit, strong winds and rain moved an American

Forces Network receiving dish off target and the prevailing conditions didn't allow for repair work by AFN technicians. "We'll have to wait until this weather passes to get 106.1 back up," said Master Sgt. Mike Wetzel, AFN Hessen station commander.

The high winds brought down branches throughout the community, damaging road signs and creating temporary driving hazards.

Members from the USAG Baumholder DPW roads and grounds were busy throughout the evening and the following day clearing away debris from the storm.



## Siren test, don't panic

The U.S. Army Garrison Baumholder will test its mass notification system Feb. 3. The test will consist of a siren warning and a recorded voice message. The test message will be heard on Smith Barracks, Wetzel and Champion Housing and in the Strassburg and Neubrück communities. Residents are advised that this is only a test and there is no cause for alarm.

## ACS wants you

Army Community Service seeks volunteers interested in gaining customer service experience to work with the information and referral program manager at ACS. Working just a few hours every week volunteers have the opportunity to increase their customer service experience, network with the Baumholder community and learn about ACS. Interested volunteers should contact ACS at civ (06783) 6-8188 or mil 485-8188. Other volunteer opportunities available at ACS include working with relocation assistance, exceptional family member, mobilization and deployment, Family Advocacy and Army Family Team Building.

Contact Ginalyn Cowles,

Baumholder Army Volunteer Corps coordinator, at civ (06783) 6-8188 for more information.

## AFAP: Improve your Army

Help improve your Army by participating in the 2007 Army Family Action Plan Conference. ACS will accept Army quality-of-life issue submissions until Feb. 5.

Issues should be cost-effective and achievable.

If someone needs help writing an issue or articulating that issue in specific terms, call ACS at mil 485-8188 or civ (06783) 6-8188.

## Health coordinator sought

The Health Promotion coordinator position for the U.S. Army Garrisons Baumholder and Kaiserslautern is open. The position involves coordinating, planning, organizing and implementing a comprehensive health promotion program for both garrisons. Applicants must have a strong business background, be able to run meetings and briefings and facilitate working groups. A graduate degree or experience as a health promotion

coordinator is preferred. Local travel is required.

The primary purpose of this position is to coordinate the Community Health Promotion Council meetings for the respective garrisons — identifying redundancies and voids of programs and services by evaluating population needs, assessing existing programs and coordinating interventions toward high risk populations.

Anyone interested in applying for this contract position should email their resume to [Cathy.Douglas@eur.army.mil](mailto:Cathy.Douglas@eur.army.mil) or fax it to mil 485-8597, civ (06783) 6-8597.

For more information call mil 489-6238, 485-7306 or civ (06783) 6-7306.

## AFAP delegates needed

Army Community Service also needs volunteers to serve as AFAP Conference delegates. The conference will be held March 5 from 8 a.m. to 3 p.m. at the Rheinlander Convention Center. Delegates will refine and prioritize submitted issues.

Interested people should contact ACS at mil 485-8188 or civ (06783) 6-8188 or you can email your contact information to [Melinda.n.Thomas@us.army.mil](mailto:Melinda.n.Thomas@us.army.mil). Include your full name, sponsors rank, unit, home phone number and cell phone number.

## Vet clinic hours

The veterinary clinic's new customer service hours are Monday through Wednesday from 9 a.m. to 3 p.m. The clinic is open for over-the-counter sales and scheduling Tuesdays from 9 a.m. to 4 p.m. and Fridays from 9 a.m. to noon.

The veterinary clinic is temporarily closed on Thursdays for training and because of staff shortages.

There is no on-call veterinarian and no emergency care hours. Customers should contact their host nation veterinarian in case of an emergency.

A list of local vets is available at the vet clinic. There will be no clinics Feb. 12 or 14 because of a field training exercise.

The veterinary clinic will be offering evening walk-in clinics Feb. 20 and 21 from 5-7 p.m. for health certificates and vaccines. For more information call the clinic at civ (06783) 6-6636 or civ 485-6636.

## 2nd BCT recognizes deployment support from community

Community members who supported the 2nd Brigade Combat Team during its deployment were recognized for their contributions Jan. 10 by Col. Robert E. Scurlock, 2nd BCT commander and Command Sgt. Maj. Jose Santos, 2nd BCT command sergeant major.

In a ceremony at the Rheinlander, each person or organization received a 2nd BCT certificate of appreciation.

Special recognition went to Lauren Scurlock who received the Presidential Award for Outstanding Volunteer Service signed by President George Bush.

Community members and organizations recognized:

- Harry Giszal Floral Shop (provided flowers for memorial services)

- Elizabeth Bailey (sang at the memorial services)

- Sgt. Bobby Pate (sang at memorial services)

- Kathy Ledbetter (ACS)

- Dan Furlano (ACS)

- Bonnie Phelps (CYS)

- Debra Porrett (CYS)

- Emma Donaldson (CYS)

- Alisha McGuire (CYS)

- Dispensary Child Development Center

- Baumholder American High School

- Mary Jan Spreier (support to the FRGs)

- Edelweiss Lodge and Resort

- Hambachtal Lodge and Resort

- Eiko Holzinger

- Bianca Bowen

- William Kalavsky

- Christopher Macri

- USAG Baumholder

- Good Samaritan Chapel staff

## Army Family Action Plan Issue Paper

Issue/Concern:

Possible Solution:

Drop off this issue paper at any community orange drop box or to ACS directly, Building 8745, second floor.

For questions or concerns regarding the 2007 AFAP Conference, contact mil 485-8188 or civ (06783) 6-8188.

You can also mail this form to ACS at:

Army Community Service  
Unit 23746, Box 2  
APO, AE 09034



# Soldiers use virtual gateway to satisfy tuition, educational needs

**By Kelsy Hustead**  
*U.S. Army Garrison Baumholder  
Public Affairs Office*

Managing your post secondary education as an active duty Soldier may be easier than you think.

"More than 1,000 Soldiers in U.S. Army Garrison Hessen are enrolled in GoArmyEd. Two hundred and twenty-five of those Soldiers are currently taking courses online in Baumholder," said Gene Hickman, Hub Education Service Support officer at Wiesbaden.

The GoArmyEd program, an online tuition assistance and enrollment program, is available to active duty Soldiers to manage their educational needs. This virtual gateway allows Soldiers to request tuition assistance online for on-site classes, distance learning, and eArmyU online college courses.

## Army initiative

"GoArmyEd program is an Army initiative that was rolled out in early 2006 in full force," said Michaelene Tyler, Baumholder Education Service Support director.

"This program expands upon the eArmyU program that was developed four or five years ago," she said. The GoArmyEd portal replaced the eArmyU portal.

GoArmyEd is used by Soldiers to pursue their educational goals, by Army education counselors to provide guidance to Soldiers, and colleges to deliver degree and course offerings and to report a Soldier's progress.

"In the past, Soldiers had to meet certain criteria for the eArmyU program. GoArmyEd is open to all Soldiers," said Tyler.

The eArmyU program hosted only 29 schools with various degree plans. "Now, Soldiers have a larger number of schools and degree plans to choose from with GoArmyEd.com," said Tyler.

GoArmyEd enables Soldiers to request and process all tuition assistance course enrollments and drops, thus eliminating the paper TA form.

## More than 1,000 degree programs

A Soldier may select from more than 175 colleges and

universities and over 1,000 degree programs. A Soldier can also view his or her available TA balance, student record, class grades and current course enrollment from a personalized GoArmyEd homepage.

"It allows me to take classes online in the afternoon on post," said Pfc. Philip Nixon, Company C, 2nd Battalion, 6th Infantry Regiment.

Nixon, who arrived in Baumholder Jan. 3, is seeking a degree in management studies from the University of Maryland.

"This is my first experience taking college courses. GoArmyEd is really easy to work with," said Nixon.

"Soldiers can enroll immediately and they do not have to get a tuition assistance letter. It is efficient and directly online. This is an all together great system for the Soldiers to further their education," said Hickman.

"We had Soldiers that took classes while on the last deployment. If they had good connectivity in their area, they were able to sign up and take classes. We were always available by phone or email to ad-



Photo by Kelsy Hustead

**A Soldier participates in a Functional Academic Skills Testing class on Jan. 19 at Baumholder Education Center.**

dress any problems or questions that arose," said Tyler.

"Soldiers can use a school that is not part of GoArmyEd; however, the Soldier will have to pay all tuition fees upfront to enroll and wait to be reimbursed. With GoArmyEd, a Soldier will select the college or university and degree program from those available and all tuition is paid for them. The Soldier can enroll once he or she is set up as a new user," said Tyler.

In addition to the GoArmyEd program available in Baumholder, Soldiers can use the Army Center Learning Library for continuing education as well as take the Functional Academic Skills Testing class to improve their GT score in order to become eligible to change his or her military occupation specialty.

## Education for family members

The Education Center also offers programs for family members in adult education in foreign languages including German, French, Russian, and Spanish.

The Overseas Spouse Edu-

cation Assistance program is available for those seeking a bachelors degree. And the University of Maryland and Central Texas College offer in-house classes. General Equivalency Diploma, Graduate Record Exam, Scholastic Assessment Test study guides and College Level Examination Program tests are available.

A free computer lab is available with printer capability. The computer lab is open Monday through Friday from 8 a.m. to 9:30 p.m. and Saturday and Sunday from 10 a.m. to 6 p.m. and closed on federal holidays.

If you are interested in learning more about GoArmyEd, visit [www.GoArmyEd.com](http://www.GoArmyEd.com) or stop by the Baumholder Education Center, Building 8332, Smith Barracks, mil 485-7557, civ (06783) 6-7557.

Education counselors are available Monday through Friday 8 a.m. to 5 p.m.



Photo by Kelsy Hustead

**Pfc. Philip Nixon, Company C, 2nd Battalion, 6th Infantry Regiment, searches online for classes in the GoArmyEd program at the Baumholder Education Center Jan. 19. Nixon, who arrived in Baumholder Jan. 3, is pursuing a degree in management studies.**



## Group exercise classes, Soldier PT

Are you looking for something special to offer your Family Readiness Group or training sessions? Fitness Promotions offers a group fitness class. A group rate is available for \$50 or individual tickets may be purchased for \$4 each. The minimum number of participants is 15 and the maximum is 30. Call Honey Bueno at civ (06783) 6-7093 or mil 485-7093 to schedule a class.

## Athletic club, pool

The Rolling Hills Athletic Club is located in upper Wetzel and includes an indoor pool and fitness center. The fitness center is open noon to 8 p.m. Monday through Friday and noon to 5 p.m. on Saturday, Sunday and holidays. Call the RHAC for the current pool hours. There are daily, monthly and quarterly membership rates available for individuals or families. Call the RHAC for information on pricing at civ (06783) 6-6156.

Family swim night is offered every Friday from 5-8 p.m. The cost is \$1 per person.

The pool is in need of lifeguards. Call Warren Latham at the RHAC, civ (06783) 6-6156 or (06783) 6-6575.

## Pool party rental

The pool and the party room can be rented for up to 25 guests. Rental includes three hour usage, party room and tables and chairs for \$75. The room is available on weekends from 1-4 p.m.

## All that jazz

Beginner jazz dance will be held on Wednesday from 6:30-8 p.m. beginning Feb. 7. The Level I classes will be held on Thursday from 6:30-8 p.m. beginning Feb. 1. Four classes cost \$40. A minimum of three students are required for each session. Registration is required for each session. Call the Rolling Hills Athletic Club to register at civ (06783) 6-6156. Credit cards are accepted over the phone. The March beginner session starts March 7 and Level I begins March 1.

## Personal training

Currently there are no appointments available for personal training but four more personal trainers will be on

## Community briefs

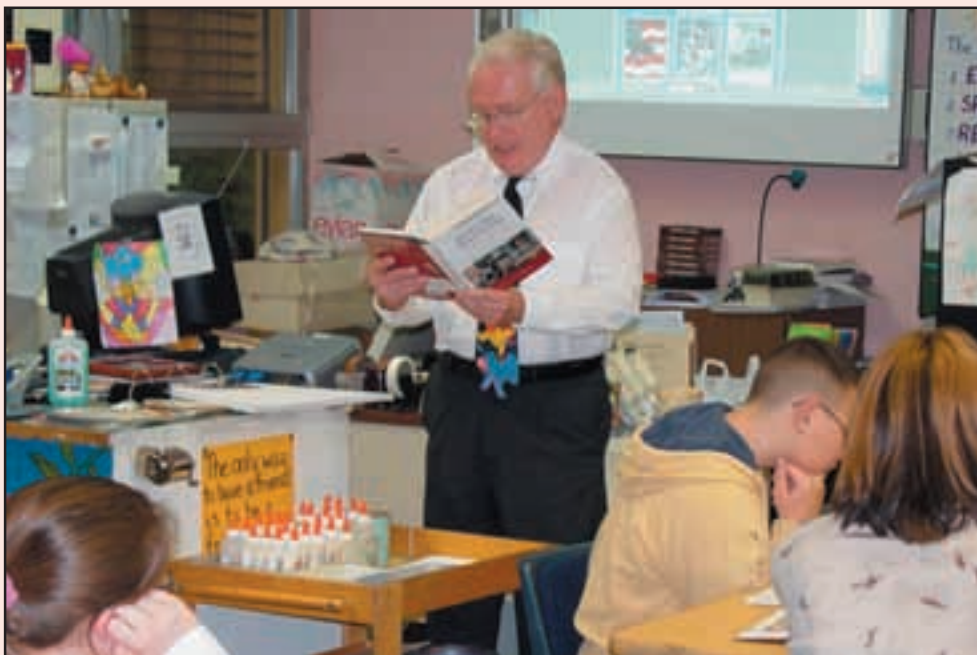


Photo by Kelsy Husted

### 'Virtual Soldier'

Joseph Caruselle, principal at Smith Elementary School, reads "Virtual Soldier" from Andrew Carroll's book, "Operation Homecoming," to a group of sixth-grade students. The poem, written by Caruselle's son, Pfc. Allan J. Caruselle, U. S. Marine Corps, was one selected from more than 20,000 entries by American military men and women. Military members submitted stories and poetry about their experiences in Iraq for selection. Caruselle expressed to the students that the writing skills they are learning now can be used in the future.

board March. They will offer sessions at all gyms. The cost is \$35 per person per hour session. Five sessions cost \$150 per person. Ten sessions are \$250 per person. Buddy sessions will also be offered. This consists of two people. Buddy sessions are \$30 per person per hour session. Five sessions cost \$125 per person; 10 sessions are \$200 per person.

## Fitness classes

Rolling Hills Athletic Club offers these classes:

**Monday, Friday**, spinning, 4:15-5:15 p.m.

**Monday**, spinning, 5:30 p.m.

**Tuesday, Thursday**, yoga, 11:45 a.m.

**Tuesday, Thursday**, circuit, 5:30 p.m.

**Wednesday**, yoga, 5:30 p.m.

**Wednesday, Thursday**, spinning, 6:30 p.m.

There will be no fitness class on Feb. 19 and no belly dancing classes in February.

## Fitness tickets

Tickets for fitness classes cost \$4 each or 10 for \$30. Tickets may be purchased at

Rolling Hills Athletic Club, Mountaineer Gym or the Hall of Champions.

## Wellness massage

Relax with a massage by a certified masseuse at the Rolling Hills Athletic Club. Sports, wellness, and fitness massages are available. Choose from Swedish, deep tissue, hot stone therapy, combination, specific, reflexology and couples massage. An hour session costs \$40 per person. Call to schedule your appointment at mil 485-6156 or civ (06783) 6-6156. Payment is due at time of reservation. Credit cards are accepted over the phone.

## Mountaineer classes

**Monday, Wednesday**, Step, 9-10 a.m., tickets are \$4 each or 10 for \$30

**Tuesday, Thursday**, Boot Camp, 9:30-10:30 a.m., tickets are \$5 each. Last class is Feb. 15

**Friday**, Circuit, 9-10 a.m., tickets are \$4 each or 10 for \$30.

## Golf course

The Rolling Hills Golf Course is offering a winter white and color sale all month.

If it has a color, it's on sale. Stop in and save money on all your golfing needs.

## Winter driving range

The driving range is open daily with lights on until 9:30 p.m. Purchase tokens at the Pro Shop before 5 p.m.

## Mountaineer hours

The Mountaineer Fitness Center is open Monday, Tuesday, Wednesday and Friday from 6-9 a.m. and closed Thursday, holidays and weekends. Call civ (06783) 6-7418 or mil 485-7418.

## Mountaineer classes

**Monday, Wednesday**, Step, 9-10 a.m.

**Friday**, Circuit, 9-10 a.m.

## ACS has new hours

Baumholder Army Community Service's new hours of operation are Monday through Friday from 8 a.m. to 5 p.m. Call ACS at mil 485-8188 or civ (06783) 6-8188 for information.

## Nurturing programs

Family nurturing programs teach positive parenting techniques and alternatives to

physical discipline. Children and parents attend at the same time in separate classes. Attendees are encouraged to attend all sessions. There are five separate nurturing classes offered: prenatal, toddler to school, newborn to 5 years, school age, 6-12 years, and teenage, 13-18 years. Call the Family Advocacy Program at mil 485-8188 for information and to register for the next available class.

## Expectant parents

Expectant parent, labor, delivery, breast feeding and newborn care classes are offered as home visits. Call Silvia Emond at civ (06783) 6-6932/6931 to schedule a home visit.

## Free child care

Free child care is available for E-1 to E-4 families for up to 10 hours monthly on a space available basis. This care is for infant through kindergarten ages at the Dispensary CDC, Strassburg CDC and FCC homes when not enrolled in a full-time program.

School-Age Services at Wetzel provides five free hours to all ranks. Come to CYS central registration in Building 8743 to pick up your card.

## Sitters available

The American Red Cross has certified adult or teenage babysitters. Come by central enrollment in Building 8743 to pick up the current list. Babysitters are available in Baumholder, Idar-Oberstein and Kusel.

## Homeless pets

If you are unable to take your pets with you when you PCS, the Vogelweh Stray Facility has a program to take your pets and find them a new home. The fee is \$45 for an animal turn-in.

You must call in advance since there is limited space. The Vogelweh Stray Facility is open Monday through Friday from 10 a.m. to noon and 1-3 p.m. and the first Saturday of every month from 10 a.m. to noon and closed on holidays.

You may also go to their website at [KMCstray.com](http://KMCstray.com) and place a classified ad for \$5 to put an animal up for adoption. Call for more information at civ (0631) 536-6588.





Photo by Ernst Zimmerer

Members of the cast of “Seussical” perform at Frankfurt’s English Theatre. Fifty free tickets were donated to youths from the U.S. Army Garrison Darmstadt and Wiesbaden communities for the production’s premiere.

# A day at the theater

## Youths treated to ‘Seussical’ performance

By Susan Huseman  
U.S. Army Garrison Hessen  
Public Affairs Office

Wilfried Kastening had his first taste of chocolate thanks to an American GI. “I was born in Berlin in 1941,” said Kastening, a German businessman. “In 1945 my family had moved to western Germany. The Americans came through our village and an African-American Soldier gave me a chocolate bar — the only bar of chocolate I had for 10 years. My love for America started in 1945.”

Now, 62 years later, Kastening was able to repay the gesture.

He invited 50 American children from the U.S. Army Garrisons Wiesbaden and Darmstadt to the Theatre Unlimited Performing Company’s premiere of “Seussical the Musical” Jan. 20 at the English Theatre in Frankfurt.

“I noticed that some Americans may not feel exactly welcome in Germany due to certain events,” said Kastening. “And they may never really leave their bases and mingle with the German community.”

Treating them to a performance of “Seussical the Musical,” with its American roots,

was a good way to do something for the families of deployed U.S. Soldiers, expose them to a cultural event and thank Americans for what they have done for Germany, he said.

“He’s always told this story of his first chocolate bar coming down from an American Soldier in a tank,” said wife Astrid, who works in the business office of the Theatre Unlimited Performing Company. “We were talking about the musical and we said this is such an American play we need to get American children there,” she said. “Germans don’t really know Dr. Seuss.

“I suggested that perhaps a German company might sponsor the tickets, and my husband said he would like to do it,” she said.

“American families are usually here for only two or three years,” Astrid said. “Very often these families do not get outside of their environment and we don’t have the opportunity to meet one another. My husband was very happy to have this occasion.”

“This is just beautiful,” said Jewel Barrett, from Wiesbaden. She brought her 8-year-old daughter, Shantel, and her niece, Kiara Harrison, 6. “I had a meeting at church at 4 p.m., but I decided to come here instead. I am so happy I did. I really think this is awesome. The idea that a stranger would give our kids exposure to cul-

tural events we don’t get on the base ... from the bottom of my heart I thank him. This is a well-spent Saturday afternoon.”

Caitlin Harris, 15, a U.S. Army Garrison Wiesbaden community member, stars as the Cat in the Hat. She is one of 37 performers from 15 different nations who appear in the cast.

“Caitlin got her drama start with the summer children’s program at the Amelia Earhart Playhouse,” said Carly Harris, Caitlin’s mother and USO Eu-



Photo by Susan Huseman

Wiesbaden youth Shantel Barrett, age 8, (from left) meets U.S. Consul General Jo Ellen Powell, members of the cast and Wilfried Kastening after the performance.

rope director of operations.

Mary Tyler, a Wiesbaden School-Age Services employee, accompanied seven children and two parents to the musical. “The children are having a great time,” she said. “They like Jo-Jo (one of the main characters).”

“We acted in a musical at summer camp,” said Wiesbaden’s Elise Tyler, 7. “We are very appreciative of the doctor who donated the tickets to us.”

“We really want to meet the Cat in the Hat, [Horton] the elephant and Jo-Jo,” said 11-year-old Asya Miller of Wiesbaden.

The children got their wish. After the performance the Americans were invited up on stage to meet the cast, Kastening and American Consul General Jo Ellen Powell, another of Kastening’s guests, for photos and autographs. (Editor’s note: The last three performances of “Seussical The Musical,” directed by Sheelagh Maythem with musical direction by Debra Damron, will be featured at The English Theatre Frankfurt Feb. 3 at 2 and 6 p.m. and Feb. 4 at 2 p.m. Call the theater box office at civ (069) 242 31620 for ticket information.)

# Skins and things

## German Leather Museum offers detailed look into tanning industry, ways in which hides have been used through the ages

“Shoes are the first adult machines we are given to master,” — Nicholson Baker

“If I have any justification for having lived it’s simply, I’m nothing but faults, failures and so on, but I have tried to make a good pair of shoes. There’s some value in that,” — Arthur Miller

“You can do anything, but lay off my blue suede shoes,” — Carl Perkins

Story and photos  
by Karl Weisel  
U.S. Army Garrison Hessen  
Public Affairs Office

What do 15,000-year-old depictions of humans discovered on a cave wall in Spain have in common with a 5,000-year-old man found frozen in a glacier?

The answer is they were all wearing shoes.

Like Imelda Marcus who was fascinated by the subject of shoes, Offenbach’s Leather Museum offers rare insight into the leather industry and the many uses of animal skins throughout history.

Actually three museums in one, the German Leather Museum offers visitors a wide-ranging look into the changing styles of footwear through the ages, the multifaceted ways in which leather has been used in everything from African masks to Chinese shadow plays to whimsical artistic renderings of fanciful foot fare.

## Three museums in one

Housed in a reconstructed warehouse, the museum combines Europe’s largest Shoe Museum with an Ethnological Museum and a Museum for Applied Art and Industry. One might assume leather to be a rather dry subject, but quite the opposite is the case, and children too will discover much to hold their interest.

Objects range from elaborate costumes used in African fertility dances to shrunken heads taken in battle by Jibaro Indians in Ecuador and Peru, drums constructed by the original inhabitants of the American plains to a size 22 shoe once worn by Miami Heat superstar Shaquille O’Neal, then with the Los Angeles Lakers. Other unusual exhibits include the smallest leather-bound book



A three-headed mask from West Africa is one of the many ways in which animal skins have been used around the world.

in the world, “Vaterunser,” printed in some seven languages and a leather-made Irish round boat which traversed the Boyne River in the 1920s.

## Egyptian discovery

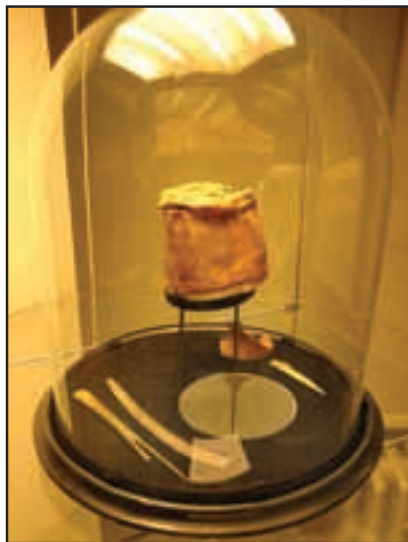
One of the oldest objects on display, a 6,000-year-old vessel unearthed in an Egyptian tomb, is purported to be the oldest existing decorated leather container still available in the world, according to German Leather Museum director, Dr. Christian Rathke, who explained that while there are other vessels just as old in other museums, Offenbach’s is the only decorated object of its kind. It survived through the ages thanks to the warm climate and airtight conditions of the tomb, he said.

Despite few of the exhibits having English-language descriptions, visitors will still discover a wealth of intriguing displays showcasing everything from Spanish cowboys and German pioneers in America to a briefcase carried by Napoleon Bonaparte and a hat box used by Johann Wolfgang von Goethe.

Those interested in American history will discover that anthropologists speculate pre-Columbus America was populated by some 5-10 million people who spoke more than 500 different languages. Today only a smattering of those languages have survived, and until



A visitor examines weapons, shields and decorated skins at the German Leather Museum in Offenbach. The museum is actually three museums under one roof — Europe’s largest Shoe Museum, an Ethnological Museum featuring historical artifacts from around the world and a Museum for Applied Art and Industry.



A 6,000-year-old Egyptian animal skin container, purported to be the oldest decorated container of its kind in existence. Photo right: briefcases bearing the names of their owners, Napoleon (left) and Pauline Bonaparte.



the 1950s most children in reservation schools were only taught English.

The shoe making craft was mostly women’s work among the Native American tribes, according to museum literature.

Visitors can view moccasins dating back to the 1800s worn by plains Indians and will learn that sandals have been found that were once worn by Anasazi Indians, forefathers of the Pueblo, around 100 A.D.

Those interested in American history can also read about how Pennsylvania namesake William Penn traveled to

Frankfurt in 1677 to describe the religious tolerance and freedom observed in the New World and to invite more German pioneers to join his colony in America. One will also learn that the city of Bethlehem, Penn., was founded by Count Nikolaus Heernhaag of Bidingen in 1741.

It’s no coincidence that Offenbach, just east of Frankfurt on the Main River, serves as the home of Germany’s Leather Museum. The city was Germany’s leather capital before World War I and continued to host hundreds of vendors specializing in leather wares even later

in the early 20th century. Due to the city’s proximity to Frankfurt — Germany’s trade fair and market center for centuries — leather handlers had easy access to the world’s markets.

In 1925 there were some 507 leather firms in Offenbach, according to museum literature, but with the ever increasing availability of less expensive leather wares from other countries — such as the now 40 percent imported from China — by 1998 there remained only 24 companies specializing in leather production in Offenbach.

## Age-old craft still practiced in Germany

A video exhibit on the ground floor of the museum, situated just off from a cafeteria featuring coffee, cake and other refreshments, details how leather is still produced by hand in Germany.

Offenbach’s Leather Museum is open seven days a week from 10 a.m. to 5 p.m. (Saturdays it remains open until 10 p.m.). It is located not far from the downtown area at Frankfurter Strasse 86. The S-1, -2, -8 and -9 S-Bahns stop near the museum at a station marked “Ledermuseum.” Signs also direct drivers entering Offenbach to the museum.

Admission is €4 for adults, €2 for children and €8 for a family ticket.

For more information about the museum visit [www.ledermuseum.de](http://www.ledermuseum.de) or call civ (069) 810 900.



## Reaching out to young community members

### Soldier teaches values, discipline, sport of basketball

By Alexandra Williams

U.S. Army Garrison Giessen Public Affairs Office

Volunteering is more than giving back to the community for Sgt. Sherrick Watkins of the U.S. Army Garrison Giessen Area Support Team

"I am not doing it just to keep children busy for a couple of hours playing sports and making them happy. For me it's also a way to show our deployed Soldiers that I appreciate what they are doing for all of us downrange. It's also an opportunity for adults to help teach kids values and discipline in a fun way," he said.

Watkins is a volunteer coach for Youth Services and currently coaches a basketball team of 10 to 12-year-olds.

According to Watkins it is important for people to step up and support the children, especially during a deployment. In the U.S. Army Garrison Giessen lots of fathers are currently away and some children have a problem with that. It is important for those children to have a tool to let off steam, he said.

"You can take them under your wing and maybe help them with problems they may have due to the deployment," Watkins said.

"It's tough when the father is gone. They may have a problem Mom can't help them with because it's something they would talk about with their dad," he explained.

"Another benefit [of volunteering] is that you can help keep children out of trouble. Sports keep them busy. It's also a tool to motivate them to work on their grades," he said.

"I teach them that sports are a privilege and not a right. They need to have good grades otherwise they cannot play," he said.

Remembering his own childhood inspired Watkins to share some of his free time with the youngsters in the Giessen military community.

"I grew up as a military brat and I played sports as a child. Our coaches were also volunteers," he said. As a child Watkins didn't realize his coaches



Photo by Tech. Sgt. Kenneth Bellard

Sgt. Sherrick Watkins (second from left) discusses basketball moves with his team during a game Jan. 20 at Giessen's Miller Hall Fitness Center.

spent their free time training the team or how much work they put into coaching. Today he appreciates all the time and their dedication.

"I remember what it meant to us that they were there for us. My coaches came out every day. They came early and stayed late. They never missed training," he said.

"I've seen what kind of mentors coaches are and I thought I can do that too," he said.

Since he joined the Army Watkins has accumulated more than 500 volunteer hours and received the Silver Presidential Citation for Volunteer Work. In 2004 he was the Volunteer Soldier of the Year at Fort Drum where he coached football, basketball and baseball.

With the deployment CYS has suffered from a shortage of volunteers. As the troops soon return and begin reintegration followed by block leave the number might decrease even more.

"I still hope that some community members feel inspired to step up to volunteer for the CYS," he said. "The programs cannot function without the support of adults willing to give some of their time."

"Even if you have never played a sport before you can teach children," he said.

The Youth Services sports office conducts coaches

training camps before the season begins. Volunteer coaches also become members of the Youth Coaches Association and receive its magazine, he said. Those magazines give many tips on a particular sport as well.

"The children don't expect you to be an expert. All they want to do is have some fun and learn something from you."

The focus on YS leagues is to teach a child the basics of a sport, have fun and promote good sportsmanship, he added.

Time seems to be the main reason keeping adults from volunteering, Watkins said. This father of three has a busy life. During the day he is a Soldier and in the evening he currently studies criminal justice. He is not only a YS coach but he also plans to sign up as a reading mentor at Giessen Elementary School.

"It's not easy. You have to have good time management [skills], but you can do it if you want to," he said.

"You just have to remember that you are doing something meaningful. Children need adults to teach them and to spend time with them. It's never a waste of time," he said.



### Honoring Dr. Martin Luther King

Craig Birchard, deputy commander of the U.S. Army Garrison Giessen, gives a speech during a Dr. Martin Luther King Jr. luncheon Jan. 16 at the dining facility on the Giessen Depot. In his speech Birchard stressed that when talking about leadership one has to talk about Dr. King. "He wanted to live up to the idea of our Constitution," he said. Birchard continued by saying that adults have the moral obligation to teach children about Dr. King's legacy. "You have to understand that you've got to do it by not talking about it. You've got to do it by living it." King had a dream that one day people of all races would coexist harmoniously as equals, he continued. "I can tell you that his dream is coming true. We are coming closer, but it takes all of you to make sure it will happen," Birchard said.

Photo by Alexandra Williams



## Passport essential when returning to States

*Editor's note: This is the third in a series on planning for a move.*

**By Alexandra Williams**  
U.S. Army Garrison Giessen  
Public Affairs Office

If you are moving this summer make sure that every family member has a valid passport.

"The passport is an internationally recognized travel document that verifies the identity and nationality of the bearer. A valid passport is required to enter and leave most foreign countries," explained Kelly Most, passport clerk for Detachment C, 55th Personnel Battalion in Giessen. "It's recommended that everybody has one," she added.

There are two types of passports, said Most. Family members of military members usually have the so-called "No Fee" passport, which is free of cost and has a SOFA stamp for entry into Germany. The common type for most Americans is the regular tourist passport, which costs \$97.

"All (American) family members of active duty military must have a 'No Fee' passport," Most said.

"Active duty Soldiers do not need a passport to fly to the United States but it is recommended that they obtain one for traveling purposes," she added.

Any servicing personnel battalion office can handle the passport application process. In the U.S. Army Garrison Giessen the 55th PSB office is located in Building 3, Room 204 on the U.S. Depot in Giessen.

To request the regular tourist passport you must bring the application form, a birth certificate or an old passport, two photos and a money order for the tourist passport. Deployed Soldiers must wait until they redeploy to request a passport as the applicant must be present to sign and take an oath in front of an agent.

The "No Fee" passport requires an application, birth certificate or old passport, two photos, DD Form 1056 and



Photo by Alexandra Williams

**Garrett Pretzer and Sgt. William Nave from the U.S. Army Garrison Giessen have valid passports. Passports are important for all — Soldiers, family members and civilians — who are returning to the States this summer. Foreign-born spouses who do not possess a Green Card need a visa.**

orders.

For children under 14 both parents must sign the passport application. If one parent is deployed, a copy of the power of attorney or deployment orders must be brought with the application.

### Birth certificate

"For newborns, parents need to bring the application, the child's birth certificate as well as the parents' birth certificates, their marriage certificate and the divorce decree if they have been previously married," said Most. Both parents must be present to sign or have a power of attorney if one parent is deployed. Parents with a baby born in a German hospital need to get the German E2 birth certificate before obtaining the U.S. passport and Report of Birth Abroad. The names of both parents must appear on the document. The cost for the certificate is \$65.

The passport for a newborn baby

should be requested within 30 days of birth. "It's important to request one because even a baby needs identification to travel to the United States," Most advised.

Children who are German citizens need a visa in order to return with the Soldier to the United States. If the father of the child is an American citizen the child can get a U.S. passport and birth certificate, Most explained.

She recommends applying for the identification document as soon as possible. While a tourist passport normally takes six to eight weeks, the processing time for the "No Fee" passport can take about 12-15 weeks as they are sent to the United States to be processed.

"'No Fee' passports take about twice as long due to the processing time and shipping," Most said. The reason for this is because these passports are

handled by a different agency. "Soldiers returning from deployment can receive theirs in 10-14 days," Most said.

Because the relocation process of Soldiers and units will start soon after troops redeploy families are encouraged to start the application process as soon as possible.

But what happens if the passport is not received in time?

"Depending on the situation, the PCS date may be readjusted," Most explained.

It is not advised that military families try to apply for the documents through the consulate in Frankfurt. "Soldiers and family members are not allowed to show at the consulate without an appointment. They will just send them back to us," Most said.

If every member of your family already has a passport ensure the identification is still valid for the period you are scheduled to move. If not, go to the 55th PSB and request a renewal. The process takes eight to twelve weeks and costs \$67 for adults and \$82 for children under the age of 16.

### Foreign-born spouses

Foreign-born spouses who are not American citizens and do not possess a Green Card must get a visa in order to return with their Soldier. Applications can be obtained through the Passport Office. The process can take several months, so spouses who have not yet applied for one should start the process immediately.

"The Soldier doesn't have to be present to get the paperwork," Most said.

Family Readiness Groups of every battalion can assist in filling out the paperwork.

The 55th PBS Passport Office can be reached at civ (0641) 402-7394/95. *(See next issue for a look at disconnecting services provided by German suppliers.)*

## Youth activities ... Youth activities ... Youth activities

### YS Balloon Express

Youth Services hosts its annual Balloon Express. You may build your own bouquet or pick up one of the YS specials. The cost for a Youth Special is \$7 and for the Adult Special is \$12. Order the balloon for your friend or sweetheart now. For more information call the Butzbach YS at civ (06033) 73048 or the Giessen YS at mil 343-6129.

### Children's gymnastic classes

The SKIES Unlimited program hosts gymnastics classes every Monday and Wednesday at

Giessen's Dulles Housing. Classes are from 4:30-5:30 p.m. for children age 4-6 and from 6:30-7:30 p.m. for children age 6 and older. The cost is \$30 per month. For details call mil 343-8216.

### YS events

Youth Services in Giessen and Butzbach host a free **Passport to Manhood** session Feb. 17 from 5-8 p.m. for boys. Participants learn more about personal decision-making, ethics, substance abuse and other topics. A **preteen lock-in** is scheduled for Feb. 23 from 10 p.m. to 8 a.m. at the Butzbach YS. The event is open to youths 11-13 and offers games, dancing, movies, a midnight dinner and early morn-

ing breakfast. The cost is \$10. Transportation from the Giessen YS will be provided. A free **Family Dinner Night** takes place Feb. 27 at 6 p.m. The event is open to YS families only. Call the Butzbach YS at civ (06033) 73048 or the Giessen YS at mil 343-6129.

### Inform school of student absence

Parents of students of the Giessen Middle and High School are encouraged to inform the school by 8 a.m. if the student will not be in attendance or will be late for the school day. The school can be reached at civ (0641) 402-7259. Students are allowed to make up work missed for an excused absence.



## Community spotlights

### Free Parent's Night Out

Child and Youth Services offers a free Parents' Night Out every third Friday of the month from 6:30-10:30 p.m. for family members impacted by the extension of the 1st Brigade Combat Team. The next Parent's Night Out will be held Feb. 16 at the Butzbach Child Development Center. For more information call mil 343-8216.

### Shopping in Hamburg

The Outdoor Recreation Center in Giessen hosts a shopping trip to Hamburg Feb. 3. Families of Soldiers affected by the tour extension may participate for free and only pay for activities at the destination. For other ID cardholders the trip is open at the regular cost. The bus departs Giessen at 5 p.m. and is scheduled to return at 11 p.m. The trip involves a lot of walking so bring comfortable shoes. For details call mil 343-8202.

### Scholarships

Students may now apply for \$1,500 Defense Agency Commissary scholarships for 2007. Applications for the Scholarships for Military Program can be downloaded at [www.commissaries.com](http://www.commissaries.com); [www.militaryscholar.org](http://www.militaryscholar.org) or [www.dodea.edu](http://www.dodea.edu). The program is open to children of military active duty, retired, Guard and Reserve members. Deadline for the application, which includes an essay on how and why the applicant would change an historical event, is Feb. 21.

### WIC-O winter weather policy

The Women, Infant and Children Overseas will follow the local school delay schedule. If the schools have a one-hour delay WIC-Overseas office will open an hour later. If the schools are closed in the area please call the WIC-O office for the delayed opening schedule at civ (06033) 925 736.

### Volunteers sought for tax centers

The Giessen and Friedberg Tax Centers seek motivated volunteers with analytical minds and a basic understanding of mathematics. Benefits include valuable IRS tax preparation training and computer software training. For more information call Capt. Nate Babb at mil 324-3780.

### Welcome home banners

Welcome home banners can now be ordered at the Friedberg Arts and Crafts Center. Items are sold in two-foot increments ranging from two to 20 feet long. Prices are based on colors and graphic type. For details call mil 324-



Photo by Alexandra Williams

### Happy New Year

U.S. Army Garrison Giessen commander Lt. Col. Antonio Amos and Command Sgt. Maj. Perry D. Clark greet rear detachment commanders during the New Year's reception held Jan. 11 at Giessen's Alpine Catering Center. Beside military and civilian guests Amos has invited local officials from the city administration, the German Army and host nation police.

3266.

### Skiing, shopping trips

The Outdoor Recreation Center has scheduled a **Garmisch ski trip** for Feb. 16-19. The cost is \$319 for adults. A **Czech shopping trip** will be offered Feb. 24. The cost is \$69. For more information call Outdoor Rec at mil 343-8202.

### Valentine's bouquets

The Arts and Craft centers in Giessen and Friedberg are accepting telephone and email orders for balloon bouquets to be delivered throughout the U.S. Army Garrison Giessen on Valentine's Day, Feb. 14. Orders can be paid with major credit cards and must be placed before Feb. 13. For details stop by the Giessen Crafter's Corner located in Building 47 or call mil 343-644. In Friedberg the Arts and Craft Center is located in Building 3627 (above Burger King) or call mil 324-3266.

### Pre-separation, CBS training

A pre-separation and retirement and Career Status Bonus/REDUX training will be held Feb. 13 starting at 9 a.m. at the Transition Center located in Building 4 on the Giessen Depot. Soldiers interested in attending must register for the class. For details call mil 343-6504/6505.

### ACS classes

All Army Community Service classes are now available by appointment or upon request. Community

members may choose from a variety of offerings from each program including Family Advocacy, Financial Readiness, Employment Readiness, Mobilization and Deployment, Outreach and Relocation Readiness. To set up an appointment call ACS in Giessen at mil 343-7218 and in Friedberg at mil 324-3465.

### Auto skills special

The Auto Skills centers in Friedberg and Giessen offer an oil change for \$10 throughout February when the customer supplies the oil and filter. Appointments are required. Call mil 324-3218 or mil 343-7050.

### Fitness programs

The Miller Hall Fitness Center hosts **belly dance** classes Tuesday from 6:30-7:30 p.m. at Giessen's Miller Hall Fitness Center. **Step and sculpt** takes place Monday and Wednesday from 5:30-7 p.m. All classes are \$4 per session or purchase 10 sessions for \$30. For more information call mil 343-7201.



### Crafting programs

The Crafter's Corner in Giessen hosts **Young Explorers** every Friday from 4-5 p.m. The cost is \$5.50. **Creative Kids Craft** class meets Tuesday and Thursday from 4-5 p.m. The cost is \$5.50. The **Scrapbooking Club** gets together every other Saturday from 2-6

p.m. Call for dates of this free class. For details call mil 343-6445.

### Actors sought

The Keller Theatre seeks new and experienced actors and musicians for "The Fantastics," a musical by Tom Jones and Harvey Schmidt, in which two families prove that you can't manufacture love, no matter how hard you try. Auditions will be held April 24 and 25 starting at 7 p.m. at the Keller Theatre in Giessen's Marshall Housing. Four men, five women, musicians, backstage and technical assistance are needed. For more information call the box office at mil 343-6515.

### Parent support groups

The New Parent Education and Support Program offers **Daddy Boot Camp**, a one-day class for new fathers. Participants get information on how to get through those sticky situations a newborn presents. The **Expectant Parent Group** is designed to help spouses of deployed Soldiers through the stages of pregnancy and provide a place to meet others. Individuals interested in joining one of these support groups can call the NPESP at the Giessen Army Community Service at mil 343-9332.

### Giessen Library hours

The Giessen Library is open Tuesday to Saturday from 9:30 a.m. to 1 p.m. and 2-5:30 p.m. The library is closed Sunday, Monday and on U.S. and German holidays.

### PAO address

If you would like to submit a request to the USAG Giessen Public Affairs Office send an email to [usaggiessenpao@eur.army.mil](mailto:usaggiessenpao@eur.army.mil).

### DPW helps deserving

The Directorate of Public Works donated €330 to the Giessener Tafel, an organization that supports low income families and individuals. The charitable organization operates a store in Giessen that opens four days a week and "sells" food items for a very low, symbolic price. The food is donated by other stores. The concept of the Giessener Tafel (the staff are volunteers) is to prevent the waste of food by distributing it to those who do not have enough money to buy the groceries needed to cook a meal every day. To operate the shop the Tafel depends on financial support to pay for electricity, gas for the vehicles, etc. The DPW staff earned the money at the annual Organizational Day held last summer by selling drinks. The DPW staff also donated money.



## Retiree support after USAG Giessen draws down

By Alexandra Williams  
U.S. Army Garrison Giessen  
Public Affairs Office

The impending closure of U.S. Army Garrison Giessen impacts not only Soldiers, families and civilians but also retirees living in the Giessen area. With the closure of local facilities they will have to get support from other installations.

"Currently I have about 140 retirees on my mailing list," said William Parent, USAG Giessen retirement services officer.

While the majority of them are still working as Department of Defense civilian employees and will move on to new jobs on other military installations, some will remain in the area. Their concern is where they will get their support in the future and what changes they should expect, Parent said.

"Issues are where they get their banking and mail service," he said.

Retirees have two options. Either they can get their mail through the Wiesbaden or Hanau Army Post Office or a German post office.

"It depends on what is easier for the retiree. When you get your mail through the German

postal system you are due to pay customs, if applicable, and pay the German rates for postage," he said.

"On the other side, driving all the way to Hanau, Wiesbaden or Darmstadt could be too much of a hassle," he added.

"For bank services they may only use bank accounts with Andrews Federal Credit Union. They cannot go to a Community Bank," Parent said.

The disadvantage of using German banking facilities is that the German government may want to charge tax on the "income" or charge the spouse tax.

"Again the decision has to be made depending on what is easier for the retiree. If he or she can still drive, it's maybe the best to keep using the system offered on military installations," he said.

As Parent's office will also close next year, he said the services he offers will be provided by other RSO officers. "Services can be obtained either in Hanau, Darmstadt or Wiesbaden," he said.

Following the USAG Giessen closure, widows and families of retirees wishing a memorial or burial service for a deceased retiree will find a listing of sup-



Photo by Alexandra Williams

**Retiree Don Saint gets his support from USAG Giessen. Due to the garrison's closure this year he will have to get his postal and bank support either from another military installation or through the German system.**

porting organizations in the Army Echo Magazine.

"We conduct regular meetings during which we keep them updated on where they can address their questions,"

Parent said.

At the current time meetings are held quarterly and take place on the third Monday of each month at 6 p.m. The next meeting will be held in April.

All retirees are invited to attend and address their questions during the meeting.

The following is a list of phone numbers to Wiesbaden organizations for future reference:

The Retirement Services Office can be reached at civ (0611) 705-5000.

Tricare assistance: for enrollment and policy information call civ (0611) 705-7318; the benefits adviser can be reached at civ (0611) 705-5248; the patient liaison at civ (0611) 705-7191; for Central Appointments call civ (0611) 705-6320.

Wiesbaden's APO can be called at civ (0611) 705-5125.

For (German) Zollamt papers and Customs call civ (0611) 705-5188.

Andrews Federal Credit Union: civ (0611) 705-5748.

For information on financial assistance, interest-free loans and grants call the Army Relief Emergency office at civ (0611) 705-5254.

Legal assistance: the Income Tax Office can be reached at civ (0611) 705-4753; for power of attorney call civ (0611) 705-4724; for wills call civ (0611) 705-4711.



Photo by Alexandra Williams

### Butzbach's Spelling Bee champ

Brenda Fadden (left) presents sixth-grader Deja Gaines from the Butzbach Elementary School with a certificate. Gaines won the school's Spelling Bee contest Jan. 19. Runner-up was sixth-grader Aaliyah Johnson. Both will represent the school at the regional competition in Heidelberg in March.

## Precycling items helps protect environment

Precycling is just another name for shopping smart in terms of the environment.

It means not bringing home a lot of throwaway things you don't need. Once you start thinking before you buy you will notice that your disposables will decrease dramatically.

Here are a few tips:

- \* Buy washable, reusable food storage containers instead of plastic wrap or tinfoil.
- \* Buy long-lasting energy-saving light bulbs.
- \* Avoid products in squeezable plastic bottles or aerosol cans. Both are very difficult to recycle.
- \* Insist on paper bags at the commissary or other stores and not plastic bags.
- \* Bring your own canvas bag to the store.

- \* Buy rechargeable batteries, refillable containers and reusable products (i.e. cloth dish towels instead of paper ones, thermos jugs instead of juice boxes, etc.).

### Some facts

The U.S. Environmental Protection Agency conducted a study about the benefits of recycling. Here are the interesting results:

- ☞ It takes householders a little more than two minutes a day to recycle.
- ☞ Americans throw away enough aluminum every three months to rebuild an entire commercial air fleet.
- ☞ Recycling a single aluminum can saves enough energy to run a TV set for three hours.
- ☞ Virtually 100 percent of car batteries returned to stations and dealers get recycled. (Courtesy of the Directorate of Public Works).



## Accomplishing your fitness goals

### A New Year's resolution could be the start of a healthier lifestyle

By Meghan Florkowski

Special to the Herald Union

It's been a month since the New Year. Did you make any health or fitness-related New Year's resolutions? If so, how are they coming along?

All too often the answer is, "well, not so good ..."

Why? The short answer is that life in the military is extremely busy with many demands on your time. When you find a spare moment it's more appealing to relax with family and friends than to hit the weights or jogging path. Sound familiar?

Research has proven the benefits of an active lifestyle. We've all heard it before, but still, over 60 percent of Americans don't make regular physical activity part of their life. Unfortunately, military communities are part of these statistics too.

How can you begin meeting your personal fitness goals? First, you must figure out what is blocking your path to a healthy lifestyle and then you must commit to removing the obstruction. Success requires action and commitment. It's one thing to set a goal, it's another to achieve what you set out to accomplish. You may find that removing the obstruction requires a choice or two and possibly even a few sacrifices. Weigh your choices but don't allow excuses to keep you from your goal.

**Excuse** — You've had a full day at work, followed by an evening of carpooling the children to soccer and ballet. You don't know when to fit in a workout.

**Solution** — If your child's event is taking place in a fitness facility, and you have children to take care of during the practice, buddy up with another parent. During one practice you watch their children and at the next practice they'll watch yours. If you can only get 30 minutes in, don't despair. Intermittent exercise still has tremendous health benefits. It all adds up.

**Excuse** — Between work and school, your family barely has a moment to spend together.

**Solution** — Make fitness a family affair. It's important for parents to consistently reinforce the benefits of physical activity and provide their children with fitness opportunities. The Surgeon General recommends that all age groups have at least 30 minutes of moderate activity each day. Working as a family toward fitness goals is an excellent way to build family rapport and have fun. Physical fitness is also a great stress reliever.

**Excuse** — You're a stay-at-home parent and money doesn't grow on trees. You have toddlers and don't want to pay for childcare while you workout.

**Solutions** — There's a family workout room at Pioneer Fitness Center with a TV and VCR. Bring a few toys and videotapes for the kids and you can work out on a treadmill and cross trainer while watching your children. Family members have free membership to a fitness club; take advantage of the facilities.

Buddy up. Ask a neighbor to watch the children while you work out and you'll return the favor another day.

Work out with your kids. Walk (or run) that



Photo by Edwin Torres

**The family fitness room at Pioneer Fitness Center allows parents to work out while their children play or do homework.**

stroller for an hour. Take a walk through the woods with your children. Hanau and its surrounding towns have plenty of beautiful and well-maintained trails.

Work out at home. You don't need expensive and bulky equipment to work out at home. Running and walking in your neighborhood can provide the cardiovascular workout, and just a few weights and a little space can help build muscle tone.

Buy a small set of weights. Two five-pound dumbbells cost less than \$6 at the sports store, now located inside the Garden / Home Store on Wolfgang Shopping Center. Or use liter-size bottles filled with water or sand for weights. Perform a set of dips on the back of your chair. Push-ups are still one of the best exercises around. For a cardiovascular workout on those cold and rainy days consider using an aerobics session videotape or DVD. Several are available at the library.

**Excuse** — You are expecting or you just had a baby.

**Solution** — Bond with your baby through exercise. With proper instruction you can safely perform several exercises with your baby at your side or as part of the workout. See the website [www.babyfit.com](http://www.babyfit.com) for exercise suggestions and video demonstrations.

**Excuse** — You don't know how to get started; you've never been to a gym before.

**Solution** — Hire a professional. The Hanau Community fitness centers can put you in touch with professional fitness trainers who can design a program for you and teach you how to work out without straining or injuring yourself. Contact your local fitness center.

Walking is a great way anyone can start down the path to health. Head out the door with the family and

make it fun, not a workout. Explore the local woods or take a trip where you'll be doing a lot of walking. A day of wandering from the Eiffel Tower to the Louvre in Paris is healthy, educational and fun. The hills above Garmisch provide miles of scenic walking with all levels of difficulty, from level trails to steep. Visit [www.americaonthemove.org](http://www.americaonthemove.org) to chart your success and for fitness tips from health professionals.

Biking is another way to get the whole family involved. Germany offers an extensive network of bike trails. Take a bike tour of a foreign country. It's a great way to see a country at a slow pace while out in the sun and fresh air. Nothing could be more beautiful than biking through Tuscany. Google "bike tours in Europe" to find bike tour companies.

How about a family scavenger hunt? Get creative and design a course that challenges the mind and the body. Incorporate clues that test your child's knowledge and make running a part of the hunt.

Join the Germans in a volksmarch. Every weekend you can find an organized walk through some of Germany's most scenic countryside. See the *Herald Union* for lists of walks in the area.

Take a trip to the Frankfurt zoo. You'll spend the day learning about exotic animals while walking from exhibit to exhibit. Every mile counts.

Hopefully these ideas will trigger your own creativity as you and your family embark on a lifetime of fitness adventures. Remember to make changes gradually if fitness hasn't been a regular part of your life. Use the resources that are already available in the community. Include all your family members in making a family fitness plan.

I think fitness New Year's resolutions are really lifetime resolutions. One year down the path of fitness and you're typically hooked for life.

### Resources

The Hanau Community website, [www.hanau.army.mil](http://www.hanau.army.mil), offers information about activities that will help your family stay active including a "Things to Do" document with the latest sporting, arts and social events in the area.

Check every other issue of the *Herald Union* for a list of volksmarches in the area or go to [www.usaghessen.eur.army.mil/hunion/Takeahike.htm](http://www.usaghessen.eur.army.mil/hunion/Takeahike.htm).

The European Cyclist's Federation website, [www.ecf.com](http://www.ecf.com), offers links to bicycle tours in Europe.

The USAG Hessen Morale, Welfare and Recreation's website, [www.armygermany.com](http://www.armygermany.com), offers information on runs, walks, sporting events and tournaments.

On the official tourism website of Germany you'll find information on bicycle routes in Germany including routes, maps, sightseeing attractions and tips at [http://germany-tourism.de/ENG/nature\\_active\\_recreation/cycling.htm](http://germany-tourism.de/ENG/nature_active_recreation/cycling.htm).

**Meghan Florkowski** is an Aerobics and Fitness Association of America-certified personal trainer, a National Academy of Sports Medicine certified performance enhancement specialist, and holds a master of science degree in exercise science and health promotion. You can contact her at civ (0160) 432 4493 or email at [requisitefitness@hotmail.com](mailto:requisitefitness@hotmail.com).



## The Straits of Magellan? Where's that?

### Students compete in National Geographic-sponsored geographic contest

**By Dennis Johnson**  
U.S. Army Garrison Hessen  
Public Affairs Office

Argonner Elementary School students displayed their knowledge of rivers, mountains and cities at the school's third annual National Geographic Society-sponsored Geographic Bee Jan. 11.

The top 10 geography whiz kids in the third to fifth-grades, as determined by a geography test given last November, gathered on stage in the school gymnasium to answer questions about geography.

"The first time I ever heard of this contest was the day when we took the test," said winner Sarah Brown, age 9. "We took a geography test to see who would compete."

"I was just a little nervous. I've been on stage before in school plays," said Sarah.

The students competed through four rounds, two in which students each answered a single question and

two in which they were all asked the same question and had to write the answer. After the four rounds only two competitors were left.

Brown, 9, a fourth-grader, and James McCarthy, 11, a fifth-grader competed head-to-head to determine the winner. First they were asked three questions, writing their answers on white marker boards. They tied; each answered one of the three questions correctly. They were still tied after a second round. The third and winning question was answered by Brown and she collected the yellow ribbon medal from the National Geographic Society. She also received a certificate of achievement and a copy of the NGS Student Atlas of the World.



Photo by Dennis Johnson

**Sarah Brown, 9, is awarded an atlas and National Geographic Society medal for winning the Argonner Elementary School geographic bee Jan. 11.**

The Parent Teacher Association also provided T-shirts for the 10 competitors.

The winning question was, "The city of Victoria, founded by the Hudson

Bay Company in 1843, is located on the Straits of Juan de Fuca in which country?" Do you know the answer?

Department of Defense Dependents Schools do not hold regional Geographic Bees. Sarah took a geography test the day after the school contest and the top scorer from DoDDS will be selected to represent the military at the national competition in Washington, D.C. This top level competition is hosted by TV show Jeopardy's host, Alex Trebek, and held in the NGS headquarters' auditorium. The national winner is usually afforded a meeting with the president of the United States and wins a \$25,000 college scholarship plus other prizes.

## Renewing friendships in Hanau

# Germans, Americans ring in new year

**By Dennis Johnson**  
U.S. Army Garrison Hessen Public Affairs Office

German officials and local politicians joined members of the U.S. Army Garrison Hessen to celebrate the new year and renew ties of cooperation at a reception Jan. 20.

The event was held at the Community Activity Center on Fliegerhorst Kaserne.

"The new year brings a new dedication to work together to solve the problems in the world," said Col. Herman "Tracy" Williams III, U.S. Army Garrison Hessen commander.

"For 62 years the partnership between the United States and Germany has helped to sustain democracy in Europe and worldwide. Through partnership and friendship we will make a difference," he said.

Representatives of the Bundeswehr, German police forces, fire brigades, Pond's guards, German chamber of commerce, county and city parliament members and the mayors of local towns attended the reception. The event was covered by members of the German media.

On the American side were command staff members including representatives from other garrisons, school principals, health officials and the vice consul of the U.S. consulate in Frankfurt.

Dr. Walter Arnold of the Hessen state finance ministry spoke a few words on behalf of the German guests. "As a member of the Hessen government it is my pleasure to be here today. The government of

Hessen is proud to have the many Soldiers in Hanau, Büdingen and Gelnhausen. The U.S. Army has a very important mission all over the world .... We would like to host you here as long as possible."

He closed by saying, "God bless you all. God bless America."

The cooperation between the local German officials and agencies and their American counterparts is vital to provide a safe environment for the U.S. forces to live and work here.

Command Sgt. Maj. Jose Fontanez, USAG Hessen command sergeant major, closed the formal remarks with a toast, "To all our guests. May you have a great new year."

The guests mingled while enjoying a sumptuous buffet and selection of wines and beer. A chimney sweep played by Sgt. Milan Daniel, a USAG Hessen Headquarters and Headquarters Company supply sergeant, greeted guests and offered each a single Euro cent as a traditional German symbol of good luck in the new



Photo by Dennis Johnson

**U.S. Army Garrison Hessen Command Sgt. Maj. Jose Fontanez offers a toast at the German-American New Year's reception at the Community Activity Center Jan. 20.**

year. The 1st Armored Division brass quintet from Wiesbaden Army Airfield provided musical entertainment. The American Forces Network was present to record the event for television broadcast.



## M.L. King's legacy remembered

Story and photo by Karl Weisel

U.S. Army Garrison Hessen Public Affairs Office

The word "hero" is used so often to describe ordinary people in extraordinary circumstances it has lost some of its impact. But in the case of one individual, Dr. Martin Luther King Jr., the word demands a capital "H."

As the leader of America's civil rights movement, the youngest man to receive the Nobel Peace Prize at age 35 and an outspoken advocate for the downtrodden, King stood up in the face of brutal hatred and persecution to help change the world for the better for millions of people and generations to follow. While his life was cut short by an assassin's bullet in 1968, his legacy lives on in a national holiday aimed at reminding all U.S. citizens that ensuring tolerance, fairness and equality takes the efforts of everyone.

"Celebrating Martin Luther King Day is extremely important," said Col. Herman "Tracy" Williams III, U.S. Army Garrison Hessen commander, during a commemorative luncheon to celebrate the national holiday at the Patriot Gardens Dining Facility Jan. 19. While it may seem like the distant past to younger Soldiers — a time when not all Americans were assured of equal rights and treatment in America — many serving today still remember experiencing the bleak repercussions of a segregated United States

only half a century ago.

While those in the military may not think about race today ("We're all willing to lay down our lives for one another," said Williams), it is crucial that all Americans continue to work toward true equality for all Americans.

"If we ignore the lessons and mistakes of history, we're doomed to repeat them," he said.

Guest speaker Maj. Tony Perry, 1st Brigade rear detachment commander and a field artillery officer, said the King holiday, first celebrated nationally in 1986, is "our yearly azimuth check to ensure we are on the glide path to achieve the illustrious dream that Martin Luther King so eloquently spoke about in his famous 'I Have a Dream' speech in 1963.

"No other day of the year brings so many people from different cultural backgrounds together in such a vibrant spirit of brother and sisterhood," said Perry. "Whether you are African-American, Hispanic or Native American; whether you are Caucasian or Asian American, you are part of the great



Maj. Tony Perry, 1st Brigade rear detachment commander, speaks at the MLK luncheon in Hanau Jan. 19.

dream Martin Luther King Jr. had for America. This is not a black holiday; it is a peoples' holiday. And it is the young people of all races and religions who hold the keys to the fulfillment of his dream."

In describing how King served as a role model for so many others, Perry cited King's relentless pursuit of an education and challenge of the status quo. "Martin and his parents drew their strength from their strong faith. Martin Sr. (King's father) never advocated hatred of his fellow man even though he himself was mistreated simply because of his skin color. Young Mar-

tin was also taught to love and respect himself as well as others. His parents reinforced to him that prejudice was a social condition and not the normal order."

"The barriers of segregation were broken down because of his diligent efforts, and I believe that all of us in attendance here today are extremely grateful," said Perry, adding, "His dream is still alive, but we cannot be complacent."

## You're not in Hessen anymore

By Cornelia Meyer-Olin

U.S. Army Garrison Hessen  
Public Affairs Office

After 20 years of negotiations, the 500-meter stretch of Staatsstraße 2305, known as the "Hessenkurve," southeast of Hanau, finally became part of Bavaria, according to a report in the Jan. 10 *Hanauer Anzeiger*.

The town of Freigericht in Hessen exchanged 8.9 hectares of mainly

wooded area for 10.7 hectares of land with the town of Mömbris (Bavaria). This includes the "Hessenkurve," an area south of Freigericht-Neuses which leaks into the county of Aschaffenburg. Until now, this section of Staatsstrasse 2305 was under Hessen jurisdiction while the rest was subject to Bavarian law. This created legal issues, especially since the "Hessenkurve" is notorious for traffic accidents.

A minutely worked out contract between the two states has been delegating the jurisdiction. For example, rear-end collisions were responded to by the Bavarian police in Alzenau, while accidents involving alcohol were processed in Hanau according to the Jan. 4 *Süddeutsche Zeitung*.

The boundary change should make it easier to delegate first responders, according to published reports.

But not only first responders will benefit from the land exchange. A local soccer club, the FV 1930 Victoria Brücken, and the community of Mömbris will be able to enjoy real home games since a nearby sports field also turned Bavarian.

Plans to straighten the perilous curve to make it safer can now be addressed. Until the exchange is finalized, the Amt für Ländliche Entwicklung (office for country development) in Würzburg has much work ahead. The border must be measured and about 30 to 40 new border stones will be put up by summer.

In addition to Freigericht and Mömbris, two communities in the northwestern part of Hessen, Diemelsee and Arolsen, are also interested in exchanging borders. They would like to exchange portions of their land with North Rhine Westphalia. Unlike the Hessen-Bavaria switch, an exchange would not only affect land but also 22 residents of Diemelsee who have petitioned to become North Rhine Westphalians. Local politicians have approved the request and now await the states OK. (Information courtesy of German media)

### Art competition

Sgt Maurie Cain (from left), Christina Kruger and Willis Holden judge the entries of the fine arts contest at Pioneer Library Jan. 8. Congratulations to the winners of the 2007 Boys and Girls Club of America National Fine Arts Contest. Winners were: Monochromatic drawing Toni Daniels, Justin Hernandez, Joey Hernandez; Multicolored drawing Angelica Doby, Gabrielle Daniels, Joey Hernandez; Pastel Alyssa Krings, Erin Torres, Justin Hernandez; Watercolor Illexia Williams Oil or acrylic Jackson Morris, Michael Schafhausen.



Photo by Dennis Johnson



## Community notes . . . Community notes

### Super Bowl events

Enter to win your a VIP seat for yourself and two guests at the Super Bowl Sunday Party at Hessen Bowl on Wolfgang Shopping Center. Watch the game on TV while bowling, Feb. 4 from 9 p.m. to 5 a.m.



### Super Sunday Brunch

Enjoy a Super Bowl Sunday Brunch at the Hessen Bowl with prizes, giveaways, football trivia, games, discounted bowling and more Feb. 4 from 11 p.m. to 3 a.m.

Hessen Bowl is located on Wolfgang Shopping Center. Open Sunday to Thursday from 11 a.m. to 11 p.m., Friday and Saturday from 11 a.m. to midnight. Call civ (06181) 88-8534/8638 or mil 322-8534.

### FAST class

Raise your general technical score by taking a five-day Functional Academic Skills Training class for active duty Soldiers at the Hanau Education Center Feb. 2-8 or Feb. 9-15 from 8 a.m. to noon. The center is located on the second floor of Building 11 on Pioneer Kaserne. To take the FAST class you must have completed an Adult Basic Education Test within the past six months and present a DA form 4187 signed by your commander. For information call mil 322-8380.

### Home visitors needed

Choctaw Management Services Enterprises seeks candidates for home visitor positions in the Hanau Community New Parent Support Program. Candidates must have a clinical license and a master's degree in social work or be a registered nurse with a bachelor of science in nursing with two years experience working with expectant mothers, new parents, child abuse or maternal and children's health. Send resumes to [mariela.fernandez@ima-e.army.mil](mailto:mariela.fernandez@ima-e.army.mil) or fax to civ (06202) 80-6586. For information call civ (06202) 80-6593 or mil 379-6593.

### Civilian training

These transition skills

courses are free and designed for civilians.

Feb. 12-16 — Essentials of English

Feb. 20-23 — Report Writing

March 22-23 — Communication Skills

To apply go to <http://cpolrhp.belvoir.army.mil/eur/index.htm> and click on training and development, then on HRDD courses in Europe, then course schedule. You must create a student profile in CHRTAS before registering for class. Call mil 375-2064 or civ (0621) 487-2064.

### Scholarship program

Submit an application for the Hanau Community Spouses Club 2007 Scholarship Program by March 16. Applications can be found at the Büdingen and Hanau Education Centers and the Hanau High School guidance counselor office. Graduating high school students with a 2.0 GPA or higher and adult military ID holders stationed within the U.S. Army Garrison Hanau Community enrolled in an accredited college or university are eligible. For information contact Jeannette Kula at [jeannette.kula@us.army.mil](mailto:jeannette.kula@us.army.mil).

### Cub Scout cake sale

The Girl Scouts may have cookies, but the Scouts have cakes. The Hanau Cub Scouts will hold a cake auction Feb. 26 at 6 p.m. in the Argonner Elementary school cafeteria to raise money for their den. Buy a cake and support the Cub Scouts. For information call civ (06042) 978100.

### EFPMP screening

Exceptional Family Member Program screening is required for every family member (whether identified as an EFM or not) when a Soldier moves to an overseas duty location and family member travel is authorized at government expense. For Soldiers in Germany that includes consecutive overseas tours, inter-theater transfers, foreign-service tour extensions or a move to Alaska or Hawaii. The



Photo by Dennis Johnson

### Students of the Month

Argonner Elementary School students were honored as good school citizens and high achievers at the Student of the Month awards ceremony Jan. 17. The occasion is a chance for parents to visit the school when their children are recognized for their hard work.

screening must be completed within the year before the move. Contact Susan Moyer, EFMP manager, Hanau Army Community Service at mil 322-8965, civ (06181) 88-8965, or by email at: [susan.moyer1@us.army.mil](mailto:susan.moyer1@us.army.mil) for information.

### Tax center open

The Hanau Community tax center is open on the third floor of Building 4 on Pioneer Kaserne. Free tax preparation is available for Soldiers, ID card holders, retirees and family members. Bring your tax documents. Walk-in hours are 9 a.m. to 4:30 p.m. Monday, Tuesday, Thursday and Friday; 9 a.m. to 6:30 p.m. Wednesday. For information call mil 322-9802.

### Retirement and separation briefings

All Soldiers should attend a pre-retirement or pre-sepa-

ration briefing before leaving the Army. The pre-separation briefings are held every third Tuesday of the month from 9-11 a.m. The next is Feb. 20. The next pre-retirement briefing will be held March 14 from 9 a.m. to 4 p.m. All briefings will be held at the transition center, Building 20, on Pioneer Kaserne, Hanau. Call mil 322-8731/9994 for information.

### Framing class

The American Sampler Craft Shop offers a framing class every Wednesday from 5-8 p.m. The class will teach you how to use mat cutters and frame-cutting machines, how to mat a picture and assemble a frame. This class is required to use the framing workshop. Call mil 322-8082, civ (06181) 88-8082 or stop by the craft shop located at the Wolfgang Shopping Center to sign up.

The craft shop is open Wednesday and Thursday from 11 a.m. to 8 p.m., Friday to

Sunday from 10 a.m. to 6 p.m., It is closed Monday, Tuesday and holidays.

### 'City of Angels'

Frankfurt's English Theatre presents "City of Angels," a musical comedy loaded with jazz and side-splitting laughs through Feb. 11. The English Theatre is located at Gallusanlage 7 in downtown Frankfurt. Performance times are Tuesday to Saturday at 7:30 p.m. and Sunday at 6 p.m. Tickets range from €27 to €42. Call civ (069) 242 316-20, email [box-office@english-theatre.org](mailto:box-office@english-theatre.org) or book online at [www.english-theatre.org](http://www.english-theatre.org).

### Tae kwon do classes

Adult tae kwon do classes are offered Wednesday and Friday at 6 p.m. at Pioneer Fitness Center. The class costs \$45 per month. Pioneer Fitness Center is located in Building 41, Pioneer Kaserne. Call mil 322-8197 or civ (06181) 88-8197 to sign up.

### Valentine portraits

Have a photo portrait made for your loved one this Valentine's Day. The American Sampler Craft Shop portrait studio takes appointments for sittings Wednesday to Sunday from 11 a.m. to 4 p.m. Call mil 322-8082, civ (06181) 88-8082 or stop by the shop at the Wolfgang Shopping Center.

### Red Cross classes

The Hanau American Red Cross offers a standard first aid/CPR/automated external defibrillation course. The course costs \$40 and includes class materials. It will be held in Room 36, Building 19, on Pioneer Kaserne over four evenings Feb. 5, 6, 7 and 9 from 6-8 p.m. and March 26, 27, 28 and 30 from 6-8 p.m., or on March 3 from 8 a.m. to 5 p.m. Call mil 322-1760 or civ (06181) 88-1760.

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# Super Bowl XLI



*Super Bowl XLI fever heats up across USAG Hessen as MWR offers several exciting spectator venues*

## USAG Wiesbaden

Mainz • Dexheim  
Wackernheim • Wiesbaden

### Get to the Point

The Victory Point Bar on Wiesbaden Army Airfield is firing up the grills and tapping the kegs Feb. 4 at 11 p.m. for Super Bowl XLI. Feast on favorites such as spare ribs, potato salad and pizza. As always there will be free soft drinks, water and coffee for designated drivers. Victory Point Bar is located in Building 1011. Call mil 337-5558 for details.

### Super bowling

Bowl three games and eat dinner during the Super Bowl pregame for \$15 at the Dexheim and Wiesbaden Bowling Centers Feb. 4 at 10 p.m. During the big game there will be prize giveaways, finger food and plenty of atmosphere. Kids are welcome and encouraged to bring sleeping bags. Rides for those planning to drink can be arranged with advanced notice. Call mil 335-5238 to make reservations.

### Indoor flea market

You don't have to wait until summer to find great yard sales in Wiesbaden. Buy or sell simple treasures at the Wiesbaden Community Activity Center's Indoor Flea Market in Building 1011 Feb. 24 at the airfield. Sale will run from 10 a.m. to 3 p.m. Call civ (0611) 705-5750 to make your table reservation.

## USAG Giessen

Friedberg • Bad Nauheim  
Butzbach • Giessen

### Closeout deals

The Giessen Crafter's Corner in Building 47 on the U.S. Depot is offering 75 percent off its entire stock of crafting materials, paints and other items. Take advantage of the offer early for the best possible selection. The offer excludes items from the frame, photo and trophy shops. Call civ (0641) 402-6445 for details.

### Take a break

Every parent needs to take a break from his or her daily routine. That is why Giessen Child and Youth Services offers limited free child care Feb. 16 at the Giessen Child Development Center for the Parent's Night Out program. Registration deadline is Feb. 9 for children 8 weeks old to 11 years old. Call civ (0641) 402-8216 for details.

### Are you ready?

Prepare for your next move by getting your resume in order. Army Community Service offers classes from resume and cover letter writing workshops to interviewing techniques. Classes are available upon request by calling civ (0641) 402-6038 in Giessen or civ (06031) 81-3710 in Friedberg.

## Hanau Community

Gelnhausen • Büdingen • Hanau

### Big game bowling

Hanau's Hessen Bowl at the Wolfgang Shopping Center is rolling out the red carpet Feb. 4 from 9 p.m. to 5 a.m. for a Super Bowl XLI all-nighter. Watch the game in your own VIP section, fill up at the midnight brunch bar, win prizes and enjoy discount bowling prices. Don't miss Hanau's only Super Bowl event. Call civ (06181) 88-8638 to reserve your spot.

### Madden 2006 Tournament

The pros have Super Bowl XLI but Hessen Bowl has the Madden 2006 Tournament for armchair quarterbacks in Hanau. Play for your chance to win the \$150 grand prize Feb. 3 and 4 at 11 a.m. Signup is limited to the first 32 entrants and costs \$10 to enter. For more information call mil 322-8638 or civ (06181) 88-8638.

### Avoid the VAT

The German Value Added Tax has risen to 19 percent this year, but that doesn't mean your expenses have to go up. VAT forms offer savings on purchases over €100 and are available at the American Sampler Crafts Shop at the Wolfgang Shopping Center. Why pay more? Call mil 322-8082 or civ (06181) 88-8082 for more information.

## USAG Baumholder

Idar-Oberstein • Neubrück  
Baumholder

### Need a battle buddy?

Keep your New Year's resolution to get fit by enlisting the help of a personal trainer in Baumholder. Rolling Hills Athletic Club is offering one-hour sessions with certified personal trainers on Tuesday and Thursday from noon to 7:30 p.m. Sessions cost \$20 per hour for members and \$35 for others. Special rates are available. Call civ (06783) 6-7093 for more information.

### Put your stress to rest

Looking for an effective way to relax and get fit at the same time? Yoga has been practiced for thousands of years. You too can unlock its secrets at the Rolling Hills Athletic Club on Tuesday and Thursday at 11:45 a.m., Wednesday at 5:30 p.m. A daily ticket costs \$4, or buy 10 for \$30. Call civ (06783) 6-7093 for more information.

### Everything must go

Baumholder Auto Skills Center is auctioning cars and trucks with bids starting at \$250. Look for your dream hootie Feb. 18 starting at noon. All vehicles are road ready or need only minor repairs. The event is open to U.S. ID card holders only. Visit Building 8438 on Smith Barracks or call civ (06783) 6-6344 for details.



[www.ArmyGermany.com](http://www.ArmyGermany.com)

Visit the all new website for currency calculators,  
travel information and valuable giveaways





## At the movies Feb. 1-15



In "Catch and Release" Gray Wheeler (Jennifer Garner) is comforted by her fiancé's closest friends, played by Timothy Olyphant, Joshua Friesen, Sam Jaeger, Juliette Lewis and Kevin Smith.

### Baumholder, Wagon Wheel

**Feb. 2** — Turistas (R) 7 p.m.  
**Feb. 3** — Borat (R) 7 p.m.  
**Feb. 4** — The Holiday (PG-13) 4 p.m.  
**Feb. 9** — Casino Royale (PG-13) 7 p.m.  
**Feb. 10** — Code Name: The Cleaner (PG-13) 7 p.m.  
**Feb. 11** — Unaccompanied Minors (PG) 4 p.m.

### Büdingen, Little

**Feb. 2** — Let's Go To Prison (R) 7 p.m.  
**Feb. 3** — Happy Feet (G) 3 p.m.  
**Feb. 9** — Deck The Halls (PG) 7 p.m.  
**Feb. 10** — Happy Feet (PG) 3 p.m.

### Dexheim, Rhein

**Feb. 1** — Casino Royale (PG-13) 7 p.m.  
**Feb. 2** — The Holiday (PG-13) 7 p.m.  
**Feb. 3** — Turistas (R) 7 p.m.  
**Feb. 8** — The Holiday (PG-13) 7 p.m.  
**Feb. 9** — Night At The Museum (PG) 7 p.m.  
**Feb. 10** — Turistas (R) 7 p.m.  
**Feb. 15** — The Prestige (PG-13) 7 p.m.

### Giessen, Skyline

**Feb. 2** — Borat (R) 7 p.m.  
**Feb. 3** — We Are Marshal (PG) 7 p.m.  
**Feb. 4** — Eragon (PG) 5 p.m.  
**Feb. 9** — Unaccompanied Minors (PG) 7 p.m.  
**Feb. 10** — Night At The Museum (PG) 7 p.m.  
**Feb. 11** — Casino Royale (PG-13) 5 p.m.

### Hanau, Evening Star

**Feb. 1** — Casino Royale (PG-13) 7 p.m.  
**Feb. 2** — The Holiday (PG-13) 7 p.m. Turistas (R) 9:30 p.m.  
**Feb. 3** — Turistas (R) 7 p.m.  
**Feb. 4** — The Holiday (PG-13) 7 p.m.  
**Feb. 5** — Turistas (R) 7 p.m.  
**Feb. 6** — The Holiday (PG-13) 7 p.m.  
**Feb. 7** — Turistas (R) 7 p.m.  
**Feb. 8** — The Holiday (PG-13) 7 p.m.  
**Feb. 9** — Code Name: The Cleaner (PG-13) 7 p.m. Casino Royale (PG-13) 9:30 p.m.  
**Feb. 10** — Code Name: The Cleaner (PG-13) 7 p.m. Unaccompanied Minors (PG) 9:30 p.m.  
**Feb. 11** — Code Name: The Cleaner

(PG-13) 7 p.m.

**Feb. 12** — Casino Royale (PG-13) 7 p.m.  
**Feb. 13** — Unaccompanied Minors (PG) 7 p.m.  
**Feb. 14** — Casino Royale (PG-13) 7 p.m.  
**Feb. 15** — Unaccompanied Minors (PG) 7 p.m.

### Wiesbaden, Taunus

**Feb. 1** — Let's Go To Prison (R) 7 p.m.  
**Feb. 2** — Catch And Release (PG-13) 7 p.m. The Holiday (PG-13) 9:30 p.m.  
**Feb. 3** — Happy Feet (G) 4 p.m. Catch And Release (PG-13) 7 p.m. The Holiday (PG-13) 9:30 p.m.  
**Feb. 4** — Flushed Away (PG) 4 p.m. Catch And Release (PG-13) 7 p.m.  
**Feb. 5** — Borat (R) 7 p.m.  
**Feb. 6** — Deja Vu (PG-13) 7 p.m.  
**Feb. 7** — Turistas (R) 7 p.m.  
**Feb. 8** — The Holiday (PG-13) 7 p.m.  
**Feb. 9** — The Messengers (PG-13) 7 p.m. Unaccompanied Minors (PG) 9:30 p.m.  
**Feb. 10** — Deck The Halls (PG) 4 p.m. Unaccompanied Minors (PG) 7 p.m. The Messengers (PG-13) 9:30 p.m.  
**Feb. 11** — Happy Feet (G) 4 p.m. The Messengers (PG-13) 7 p.m.  
**Feb. 12** — Stranger Than Fiction (PG-13) 7 p.m.  
**Feb. 13** — Saw III (R) 7 p.m.  
**Feb. 14** — Casino Royale (PG-13) 7 p.m.  
**Feb. 15** — The Prestige (PG-13) 7 p.m.

*Movies and times subject to change by local theaters. For the most up-to-date schedule visit the garrison's website (see address below).*

## Movie plots

**The Messengers (PG-13)** — The Solomon family leaves big city life for a secluded farm in North Dakota. Soon after they arrive at their new home 16-year-old Jess and her 3-year-old brother begin seeing ominous apparitions that no one else can see, and are repeatedly attacked by something from the other side.

**Unaccompanied Minors (PG)** — It's Christmas Eve and five children have been snowed in at the airport — and there isn't a parent in sight. "Unaccompanied Minors" follows them as they try to outwit a disgruntled airport official and reunite with their families.

**Catch And Release (PG-13)** — Gray Wheeler's (Jennifer Garner) fiancé suddenly dies and she turns to his friends for comfort. As secrets about her fiancé emerge, she comes to see new sides of the man she thought she knew, and at the same time finds herself drawn to the last man she ever expected to fall for.

**The Holiday (PG-13)** — Two women on opposite sides of the globe, Amanda Woods (Cameron Diaz) and Iris Simpkins (Kate Winslet) are desperate for a change of scenery. After meeting on the Internet and swapping houses for the Christmas holiday they discover the change of address changes their lives.

**Freedom Writers (PG-13)** — Erin Gruwell (Hilary Swank) opens the eyes of a group of racially charged juvenile delinquents, gang members and underprivileged students to the experiences of those suffering intolerance outside their own community.

**Borat (R)** — Sacha Baron Cohen's Kazakhstani reporter character Borat travels from his primitive home in Kazakhstan to the United States to make a documentary. On his cross-country road trip, Borat meets real people in real situations with hysterical consequences.

**Casino Royale (PG-13)** — Daniel Craig stars as a young James Bond on his first "007" mission. He must beat Le Chiffre (Mads Mikkelsen), banker to the world's terrorists, in a high-stakes poker game at Casino Royale.

**Night At The Museum (PG)** — A bumbling security guard at the Museum of Natural History accidentally lets loose an ancient curse that causes the animals and insects on display to come to life. Stars Ben Stiller and Owen Wilson.

**Eragon (PG)** — A youth discovers a dragon egg which leads him to become a knight and battle an evil king. Stars Ed Speleers, John Malkovich, Jeremy Irons.



When Amanda (Kate Winslet) lands in Los Angeles, she is befriended by Miles (Jack Black), a film composer in "The Holiday."





Photo by Karl Weisel

Germany celebrates Fasching with full force during the last days before Ash Wednesday, Feb. 21. See below.

## Things to do

### Fishing opportunities

Hanau's Outdoor Recreation features an ice fishing trip to the Teichmühle in Engelrod Feb. 3. A German fishing course will be held Feb. 17-18 and 24-25. Email [Harold.toft@us.army.mil](mailto:Harold.toft@us.army.mil) or call mil 322-8891 for details.

### Country Night

Mainz-Kastel's Kastel Klub holds Country Western Night and line dancing every Friday from 9 p.m. to midnight. Call mil 334-2903 for more information.

### Jazz Bridges

The Frankfurt American Consulate and Orient Palace Frankfurt sponsor a fusion concert of American jazz and traditional Afghanistan music Feb. 6 at 7:30 p.m. at the Orient Palace Frankfurt, Vibeler Landstr. 36 in Fechenheim Nord. Tickets are €15. Call civ (069) 4080 6477 for reservations.

### Get ready for Fasching

German towns and cities celebrate Fasching, the annual carnival season, with parties, parades and a host of other special events in the coming weeks. The highlights of the season occur during the final week before Ash Wednesday and the start of Lent. Women have their own Fasching day Thursday, Feb. 15, on Weiber Fastnacht (men, beware of wearing a tie that day to work, it may

get snipped). Various mile-long parades will be featured over the weekend of Feb. 17-18 in many of the towns in U.S. Army Garrison Hessen with Mainz holding one of the most famous parades on Rose Monday Feb. 19.

### Free bowling

Families of 1st Brigade Soldiers affected by the deployment extension in Iraq are invited to bowl for free Feb. 1 and 15 from 5-7 p.m. at the Spare Times Lanes on Friedberg's Ray Barracks. Call mil 343-6194 for information.

### Spouses tour of Wiesbaden

Explore Wiesbaden with other spouses every Wednesday at 10 a.m. The Wiesbaden Spouses Orientation Tour meets at the American Arms Hotel. Sign up for the tour by calling Wiesbaden Army Community Service at civ (0611) 4080-234 or mil 335-5254. ACS is located in Building 7790 in Hainerberg Housing.

### Soapbox derby races

The Familiennetzwerk Hanau e.V. invites Americans to participate in their Soapbox Derby Races May 5-6 in Hanau-Steinheim. For more information visit [www.familiennetzwerk-hanau.de](http://www.familiennetzwerk-hanau.de) or call Harald Körner at civ (06181) 659 657.

# Losing holiday pounds

## Learn to read labels, shop wisely for food

By Kay Blakley  
Defense Commissary Agency  
home economist

Don't know if you've noticed, but a strange phenomenon is underway at your neighborhood commissary. Products with labels including the words "reduced-calorie," "low-fat," "fat-free," "sugar-free" or any form of the word "diet" are flying off the shelves faster than stockers can replenish them. Commissary workers know there's no need for alarm. It's just that "dieting season" has begun.

Exactly how you go about losing unwanted pounds is an individual issue that needs to be tailored to your taste buds and food preferences, but a few important concepts should be at the heart of your plan. First and foremost, remember that calories do count; consuming more calories than you burn in physical activity equals pounds gained, and reversing that ratio equals pounds lost. You don't want to starve yourself in

the process, so you've got to learn how to make every calorie count.

Reading a product's nutrition facts label, and understanding what you've read is crucial.

The Food and Drug Administration recently released an interactive online learning program that makes labels a little more user friendly. Visit [www.cfsan.fda.gov/labelman](http://www.cfsan.fda.gov/labelman) and let an animated character called "Labelman" walk you through the process of figuring out which is the better choice on any number of packaged foods.

They've even thrown in some helpful rules-of-thumb such as 40 calories/serving is low calorie, 100 calories/serving is moderate and 400 calories/serving is high.

Still there are those among us who get a headache from all that reading and decision making. If that description fits you, try this simpler approach — fill your cart with items from

the perimeter of the commissary. That's where the "whole foods" reside.

These are foods that are unprocessed or very lightly processed, with nothing added, and are still in as close to their natural state as possible. Nearly anything in the produce section is fair game, since virtually all choices are jam-packed with nutrients and fiber, and are very low in calories.

Make lean choices at the fresh meat case by concentrating on cuts with loin or round in the name, and go for products labeled low-fat or fat-free in the dairy department.

Choose whole grain breads as much as possible, and choose your liquids wisely — water seems to help those pounds wash away a little faster.

Take note of the shelf talkers located throughout your commissary, which offer quick and easy messages from the Dietary Guidelines for Americans, and remember, "It's your choice, make it healthy."

## Sports shorts ... Sports shorts

### Baseball Clinic

Child and Youth Services Sports and Fitness in collaboration with Matt Merullo's Pro Advantage Baseball host a Baseball Clinic Feb. 3 for ages 17 and up and Feb. 4 for ages 10-16 at the Wiesbaden Fitness Center on Wiesbaden Army Airfield. Both clinics start at 10 a.m. Call mil 335-5133 or civ (0611) 408-0269.

### Basketball playoffs

Baumholder's Hall of Champions hosts the intramural basketball playoffs Feb. 19-28. Call mil 485-6671.

### Racquetball winners

Congratulations to the winners in the Dr. Martin Luther King Jr. Racquetball Tournament in Büdingen Jan. 18. **Kelly Miah**, a 1-1st Cavalry family member, took first and Hanau civilian **Lory Kruze** was second in the women's category. For the men **Sgt. 1st Class Remi Vandevoorde**, 1-



Photo by Karl Weisel

**Boxing is on tap at Hanau's Pioneer Fitness Center Feb. 10 starting at 6:30 p.m. Call mil 322-8197 for details.**

1st Cav, was first, **Spc. Alan Christian**, 320th Engineer Company, was second, and **Staff Sgt. Dayan Palaez**, also of 320th Engineers, was third.

### Football players, coaches wanted

American players are invited to join German athletes

on football teams such as the Aschaffenburg Stallions and Darmstadt Diamonds. "I had a blast coaching American football here in Germany and made life-long friends," said Dave Eidem, a teacher at Wiesbaden's Gen. H.H. Arnold High School who coached the Darmstadt Diamonds. "The friendship an American player has with his German teammates lasts a lifetime. I would encourage players and coaches to try it out." If interested in learning more about the German Football League as a coach or player contact Dave Eidem at [David.Eidem@eu.dodea.edu](mailto:David.Eidem@eu.dodea.edu) or Alexander Ziemer at [Aschaffenburg@stallions.de](mailto:Aschaffenburg@stallions.de).

### Register for YS Sports

Spring registration for Youth Services baseball, T-Ball and softball ends March 1. Volunteer coaches are needed. Call civ (06181) 180-3919 or mil 323-3942 for more information.





Division Support Command's Dan Smith dribbles the ball as the Wiesbaden Health Clinic team tries to defend. Smith scored seven consecutive points to bring back his team but faltered down the stretch in the 45-26 loss.

## Medics rout DISCOM, continue playoff push

Story and photos by Spc.  
Alfredo Jimenez Jr.

1st Armored Division Public Affairs Office

The Medics of Wiesbaden Health Clinic applied a smothering defense to Division Support Command much like a Soldier applies a first aid bandage to a sucking chest wound — with a lot of pressure.

That defense helped the Medics rout DISCOM 45-26 at the Wiesbaden Fitness Center Jan. 17.

Chris Everett scored 19 points, grabbed 16 rebounds and added seven assists to help the Health Clinic rebound from a sputtering start to win its third straight game.

"They played tough and hustled all night long," Everett said. "But we had size advantage and they faltered down the stretch."

DISCOM's Dan Smith, who scored

13 points, wouldn't allow his squad to endure another loss. He single-handedly brought them back to life after falling behind 19-8 in the first half, but the Medics' smothering defense worked like an anesthesiologist giving a patient nitrous oxide.

"We were outplayed tonight by a better team," Smith said. "They took advantage of our size and pounded the ball inside for easy baskets."

The Medics (8-6) seemed to have no trouble in the first half as Everett, Darryl Washington and Mike Campbell put on a basketball rebounding clinic.

"We just clicked as a team," said Washington, who scored 10 points and snared eight rebounds. "We are a good squad when we work together."

DISCOM can attest to that.

Washington and Everett helped hold them without a basket for six minutes,

and the frustration seemed to seep out in their play. DISCOM (6-9) committed 15 turnovers and shot 20 percent from the field.

"We shot terrible and couldn't hold on to the ball," said Mark Hickman. "They pushed the ball very well, and half their points came off our turnovers."

The second half began as the Dan Smith Show as he scored seven straight points to cut the Medics' lead to 19-15 with 13:12 left in the game. But DISCOM was outscored 19-4 to blow the game wide open.

With the win, the Medics continue to keep pace in the chase for a playoff berth.

"This game proves we should be considered a force in this league," Everett said. "We can only get better and we plan to improve in every facet of



Mark Hickman, Division Support Command, shoots a basket as Wiesbaden Health Clinic team waits for the rebound. Hickman and his teammates suffered their ninth loss of the season to fall behind in the chase for a playoff berth.

our game.

With the loss, DISCOM joined a muddled field vying for a playoff spot.

"We got beat by a talented team that is hard to beat," said Jerry Scarborough, DISCOM coach. "But we will rebound from this in time for the playoffs."



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